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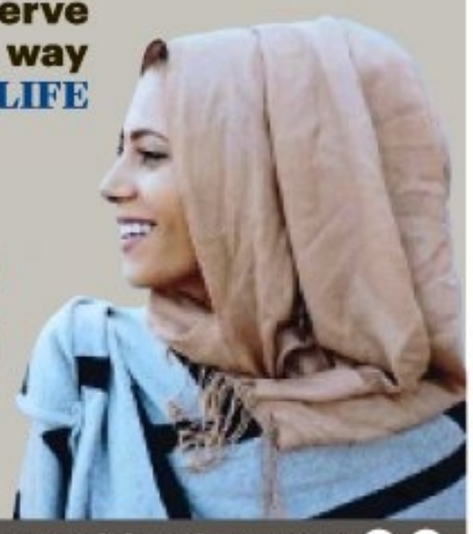

COLOUR MY WORLD

Artist invites you to scribble on giant mural metroNEWS

Motion aims to put suites issue to bed

HOUSING

Official hopes changes keep applications out of council

Helen Pike
Metro | Calgary

It's not a total demolition job; some of the city's secondary-suite rules are salvageable, but eight members of council are saying enough is enough.

On Monday, a notice of motion from Coun. Shane Keating will attempt to "find consensus on the secondary-suites application process" that's plagued city hall for years.

For weeks, council meetings have been bogged down by secondary-suite applications; tied up neatly with dirty laundry and personal pleas to get the stamp of approval.

The proposal includes seven points that could finally put the issue to rest and includes two zones: one for the inner city that makes secondary suites a permitted use and an outer zone that deems them discretionary.

"Part of the reasons we've never been able to get off home plate with any of it is because they've always tried to make this thing blanketed and one-size-fits-all, and it doesn't work that way," said Keating.

If this motion passes, council could see some relief with measures that look to keep applications out of their meetings and bad landlords at bay.

"It's kind of like cod-liver oil; you hold your nose and you take your medicine," said Keating.

More coverage, page 8

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metro NEWS
Your essential daily news

Trudeau, Peña Nieto reach deal on visa requirements and Canadian beef. **Canada**

National Music Centre hits play

HISTORY

Exhibition opens its doors to the public on Friday

Aaron Chatha
Metro | Calgary

A decade ago, the idea of having 160,000 square feet of space dedicated to Canadian music sounded like a pipe dream.

Now, that sound has grown to a bellowing cacophony of music exhibitions, interactivity and a marvel of architecture.

The doors to the National Music Centre in Studio Bell finally open to the public on Canada Day, and Metro was given a sneak peek to see what makes it so special.

Yes, there are collector's items. From Corey Hart's actual sunglasses, to Elton John's song writing piano and k.d. lang's wedding dress, there's a lot see — but the centre aims to make the space more than just a museum.

"Traditionally, you see stuff behind glass. It's very didactic, it's static," said director of collections Jesse Moffatt. "Our collection philosophy is very much not like that. We want to make music history accessible and living."

For example, the artists in residence will be given access to the exhibits to keep the instruments in use for projects. You might walk through one day to see someone rocking out on Rush drummer Neil Peart's drum kit.

Or you could walk in and hear the sounds from the massive Kimble theatre organ in use. The organ was used to add live sound to silent movies. It's housed in a massive room, and some of the pipes are funny-shaped because in the '50s, it was stored in a man's basement.

Neil Peart's drum kit is one of the items available to the music residents in the building. Inset: Jesse Moffatt stands within the Tonto, a complicated orchestra control centre currently being restored. AARON CHATHA/METRO

> We want to make music history accessible and living.
> Jesse Moffatt

"He only had so much space in his basement, so he had to cut them," laughed Jason Barnsley, with collections. It eventually went to a woman in St. Albert before it was donated to NMH.

As you continue up the floors, you'll come across a number of interactive exhibits. Visitors can deconstruct music stems from Tegan and Sara songs, hop into a booth and try their hand singing Canadian classics. There are also consoles for mixing music and to walk you through the basics of a guitar or drum kit.

Then there's the building itself — CEO Andrew Mosker said people are going to be surprised at how beautiful the building is inside. There are dedicated spaces just for musical performances.

Finally, there are the Canadian music halls of fame on the fifth floor.

"The amount of talent we've produced that's had national and international impact is really staggering for a country the size of Canada," said programs director Adam Fox. "I hope people leave here with a real sense of pride."

FUN FACTS

- There are about 1,500 licensed music selections within the space, which took years to negotiate.
- More than 2,000 objects have been donated or acquired by NMH, which will be consistently rotated through the exhibition stages.
- The fifth floor ceiling contains 16 resonating wooden vessels, built from pianos destroyed in the 2013 Alberta floods. Powered by the sun, piano wire and electromagnetic systems cause the wires to produce a continuous note, which changes as sky conditions change.
- The design of the building integrated the iconic King Eddy hotel, and music will return to the venue for the first time in more than a decade as part of the Bell Live Series on July 8.

‘So easy’ to replace you

SOCIAL MEDIA

Alberta firm responds to backlash over note to staff

Brodie Thomas
Metro | Calgary

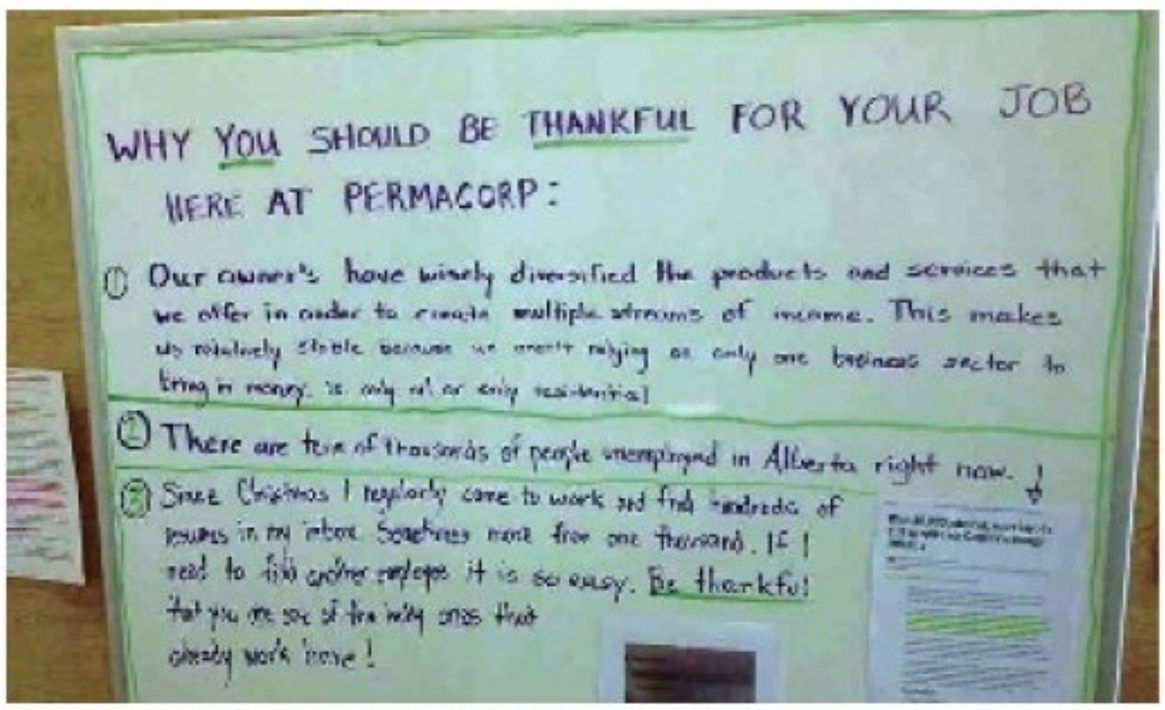
A written message reminding workers at an Alberta company how lucky they are to have a job has been getting worldwide scorn on social media.

The message was written on a whiteboard at the Edmonton offices of Permacorp — a metal fabrication company.

It’s titled, “Why you should be thankful for your job here at Permacorp,” and it notes that tens of thousands of Albertans are unemployed.

“If I need to find another employee, it is so easy. Be thankful you are one of the lucky ones that already work here,” reads the message.

After an image of the whiteboard was posted on Reddit, the company released a statement on Facebook to distance itself from the message.



An employee at Permacorp snapped this photo of a message on their office wall from a manager. The company has said the message does not align with its core values. IMGUR

The Facebook post said the message was issued without management consent and was promptly removed from the whiteboard.

Steve Kalynchuk, a manager at Permacorp’s Calgary office, said the message does not reflect the company’s feelings about its employees.

He couldn’t say if anyone lost their job over the message, but the company’s Facebook account said that issues related to the message have been dealt with internally.

Kalynchuk said they’re concerned about the online backlash.

“We’ve released our statement and we did what we could, but otherwise you’ve just got to let it ride its course. It doesn’t matter what you say or don’t say. It’s going to do what it’s going to do.”

> “I was going to say it was a veiled threat, but it wasn’t even veiled.”
> Melanie Peacock

Melanie Peacock, associate professor at Mount Royal University’s Bissette School of Business, said she was left wondering what precipitated such a message.

“I was going to say it was a veiled threat, but it wasn’t even veiled,” she said.

Peacock said the market may be down now, but things will eventually turn around and that is why companies that strive to be fair and equitable all the time have greater employee retention.

“I would love to see Permacorp and other companies use it as a learning example,” she said.

CALGARY POLICE SERVICE

Ex-officer fights his dismissal over chase

A former Calgary police officer who was fired from his job over a high-speed chase is fighting his dismissal.

Anthony Braile was let go in February after engaging in a pursuit in December 2008 that sent an innocent bystander to hospital.

Braile’s lawyer said before the Law Enforcement Review Board that the former sergeant was on anti-depressants the night of the chase.

James Shymka said the drugs triggered a hypo-manic state and Braile should never have been on the street.

The review board was told that Braile was hospitalized for depression and suicidal tendencies, and it was recommended that once he returned to work he remain on administrative duties.

But the medical advice wasn’t followed, and he was placed in a more tactical role — something Braile never questioned. THE CANADIAN PRESS

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City revels in province's rideshare rules

TRANSPORTATION

Insurance coverage plan set to go live on July 1

Helen Pike
Metro | Calgary

Canada Day party hopping just got cheaper — but for Calgarians still waiting for Uber to go live, don't hold your breath.

On Tuesday, the provincial government unveiled its promised revisions to regulate ride-hailing companies such as Uber and TappCar, along with an insurance solution to help those eyeing transportation network companies hop on for the ride in an affordable fashion.

The insurance product is set to go live July 1 and become a comprehensive coverage plan from the minute users log on to their smartphone apps. It is an added layer of coverage for drivers looking for passengers should they get in an accident, and another layer of protection once the driver has a passenger.

According to chief livery inspector Mario Henriques, Calgary's rideshare rules will, for the most part, stand up next to the provinces regulations.

"We are very pleased with the response by the province to the TNC's entry into the market," Henriques said. "We don't see the need to make any significant revisions to our bylaw… there's a great synergy between the province's laws and ours."

Many transportation network companies working on applications with the City of Calgary have been waiting for this insurance solution to evaluate if their service model and the city's regulations will make business viable.

It's not likely Calgary will see the market flooded with TNC options by Stampede because of the tight deadline including police checks.

The city has also been in talks with Uber for two weeks about re-entry according to Henriques, but they still aren't licensed in Calgary, and kept mum on any details when Metro asked.

"We recognize the steps taken by the Alberta government and we will be reviewing the newly approved ridesharing insurance policy and other announced rules," read a statement from Uber spokesman Jean-Christophe de Le Rue. "We'll have more to share soon."

The province's rules outline that drivers must have specific police background checks including a vulnerable section check, class 1 2 or 4 licence, and insurance requirements for drivers.

Calgary's behind its Canadian urban counterparts in producing affordable housing. METRO FILE

REPORT

Committee approves new housing strategy

Calgary is only putting up half the national average of affordable housing.

On Tuesday, administration presented a new plan for the Corporate Affordable Housing Strategy, which has been in place since 2002. Councillors approved the new plan at the committee level, and it will be debated in council.

According to the report, "non-marketing" housing supports only 3 per cent of households in Calgary, compared to the country's average of six per cent. To catch up, the city would need to add 15,000 units today and 22,000 by 2025.

"This is urgent," said Coun. Druh Farrell. "We know it by the numbers."

The plan seeks to implement short-term and long-term solutions to grease the wheels and help the city toward the ultimate goal of meeting the national affordable housing average.

Some of the plans include rebates for housing development fees in a $6.9-million "Housing Incentive Program."

In the long term, if council adopted these policies, they would also be looking at grannypods and other secondary-suite regulation options.

"This needs to be a priority because we have a ton of opportunity in the other social sectors and housing sectors, private industry and other orders of government," said Coun. Evan Woolley. "It makes financial sense … it costs more money on the ground in terms of policing and shelters, which we are responsible for."

HELEN PIKE/METRO

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The preliminary map showing the areas where secondary suites would be permitted (Zone 1) and discretionary (Zone 2). The map boundaries are up for debate. COURTESY CITY OF CALGARY

Compromise on secondary suites

ZONING

Eight names on the motion mean reforms will likely pass

Brodie Thomas
Metro | Calgary

A new plan to reform the secondary suite looks a lot like what some councillors were pushing for in 2015. At that time, the plan was to have the four wards closest to the inner city allow secondary suites.

This latest plan brought forward by Coun. Shane Keating and seven other members of council — including Mayor Naheed Nenshi — would allow secondary suites based on geographical location.

The boundaries on the map are still up for debate, but homes in the centre section of the map would be permitted to build secondary basement suites without requiring council approval.

Homes in the secondary area would be able to build basement suites at the discretion of the Calgary Planning Commission. Any homes outside those two zones would have to go through the process everyone currently faces.

The rezoning would mean some inner city homes currently zoned R1 and RC1 would be allowed to build secondary basement suites.

Coun. Gian-Carlo Carra has been a strong advocate for secondary suites and he's happy to see at least some reform on the issue. "I was done trying to move the ball further down the field but Shane has played an amazing role as a bridge-builder on this council," said Carra.

Keating has also brought onside some councillors who have been fierce opponents of secondary suites — most notably Ward 4 Coun. Sean Chu.

"I've been always advocating for a plebiscite," said Chu. "I don't think there's any appetite from council for a plebiscite, so I think this is the next best thing."

Chu said he was pleased to see licensing and a registry as part of the plan.

Jeremy Barretto of Calgarians for Secondary Suites said his group welcomes any reform that increases the number of suites in the city, but they still have questions.

Barretto questioned the need for a $1,000 registration fee that would have to be paid every second year by landlords.

Keating is proposing that fee be waived for any landlord living at the same address as their suite. It would only apply to so-called absentee landlords.

Barretto also wanted to know why the focus is on basement suites, with backyard suites altogether left out of this plan.

"We would like to see ultimately a comprehensive city-wide solution for secondary suites in Calgary," he said. "Edmonton has a solution. Red Deer has a solution."

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HOW DOES LASER TATTOO REMOVAL WORK?

The ink used in tattoos is made from minerals. To understand how tattoo removal works think of the ink as tiny "rocks." With multiple treatments, the "rocks" are broken down into smaller and smaller "pebbles."

The number of treatments required to get a tattoo off varies greatly based on factors such as the age of the tattoo, whether it was applied by a professional or not, the depth and concentration of ink, the number of colours, the type of laser used, and the technique used to perform the treatments.

Traditional lasers used for tattoo removal are called Q-Switches. These nano-second lasers predominantly rely on photothermal action and deliver heat into the pigment and surrounding tissue. A minimum of 6 treatments and upwards of 15 or 20 are required. Complete clearance of ink is an unlikelihood if the tattoo has multiple colours. Scarring is not only possible but probable. The risk of scarring from Q-Switch treatments is heightened by treatment methods that involve multiple passes in the same session.

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WHY SETTLE FOR SLOW?

Tattoos are cleared in fewer treatments, with less energy, and without injuring the surrounding skin. Another indication for Picosure is scar revision. Thus, it has proven effective at removing previously treated tattoos that became impacted in scar tissue and failed to clear after multiple Q-switch treatments. Healing time after a Picosure treatment is similar to that of traditional lasers but far fewer treatments are required. Greens and blues which are notoriously difficult to remove with Q-switch lasers come off easily with Picosure. We have witnessed complete clearance of green and light blue ink in 1 to 3 treatments. Black, dark blue and other colours fade more slowly and may require 3 to 5 (occasionally more) treatments. Red and white will fade much slower than other colours. Pigment will diminish gradually over a period of 6-8 weeks. Treatment may then be repeated.

TATTOO COVER-UPS?

To fade or not to fade...

Tattoo shows such as Tattoo Nightmares and Ink Masters give people a false impression that tattoos can easily be covered up with other tattoos. Finding an artist with the confidence and skill to cover up something like large black tribal with a beautiful modern image is rare. Trying to cover any tattoo limits the possibilities for new art because you have to work around the tattoo you already have. Fading the old tattoo first with a few Picosure treatments allows you to clear the canvas and truly create something that reflects your personality and tastes. For those who cover up without fading first, more often than not what is created is worse than what they started with. The words I hear often are "It looks like a big blob." To add insult to injury, the fresh thick ink of a cover-up is far more difficult to remove than the old, faded ink they covered, would have been.

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Breaking down the barriers

EQUALITY

Gender equity report 'just the beginning': Calgary Police

Lucie Edwardson
Metro | Calgary

The Calgary Police Service (CPS) is working towards achieving gender equity in its ranks, according to a report presented Tuesday to the Calgary Police Commission (CPC).

Supt. Nina Vaughan, who leads the CPS' office of inclusion said they're looking at ways they can address issues surrounding barriers and institutional cultures relating to gender in the force. She said as she's began to look more into the issues she's learned a few key lessons.

"I think it's important not to make assumptions about why certain things are the way they are or have one person speak on behalf of all women or on behalf of any particular group," she said.

Part of the report used survey data collected from all female and male service members that was conducted by the University of Calgary. The gender perception surveys have been a helpful tool as they begin this journey, said Vaughan.

"As a woman in the police department I only speak for myself, I can't speak on behalf of everybody — we're not all the same, we don't want all the same things and we don't have all the same life challenges," she said.

"These surveys help us gain an understanding of what the issues actually are instead of making assumptions."

Supt. Nina Vaughan, leader of the office of inclusion, is exploring ways CPS can achieve gender equity. METRO FILE

> These surveys help us gain an understanding of what the issues actually are.
> Supt. Nina Vaughan

Vaughan said they're just at the beginning of their trip on the road to gender equity within CPS, but said they're already beginning to break down barriers simply by listening and talking.

Lisa Silver, vice-chairwoman of the CPC said the report has been very helpful and said they will be revisiting the recommendations and actions taken regularly to continue down the path to equity.

"It has to come to a point where we don't need to talk about this anymore," she said. "It shouldn't be a discussion, it should just be."

SUMMIT

Future leaders wanted

Young women interested in politics and working towards parity in politics are being asked to apply for a spot at Equal Voice's Daughters of the Vote summit.

Nancy Peckford, executive director for Daughters of the Vote said the goal of the program is to engage young women from across Canada in a leadership summit for political activism.

Peckford said the idea came as a way to recognize 100 years of women's voting rights.

Peckford said interested young women are encouraged to apply for the special summit they are holding in Ottawa in 2017. The deadline for the application is Thursday.

One woman between 18-23 years old will be selected from every riding in the country and will work on a strategy to increase women's representation in Canada's legislatures and "take a seat" in the House of Commons in a "special session " where all 338 seats will be filled by women.

Peckford said selected women will participate in both provincial and national events.

LUCIE EDWARDSON/METRO

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Fort McMurray fire chief Darby Allen wants houses in the area to be built differently. THE CANADIAN PRESS/AP/RACHEL LA CORTE

Fire chief calling for changes

FORT MCMURRAY

Darby Allen wants houses in city to be less flammable

The man who led the fight against the wildfire that devastated parts of Fort McMurray in May is urging changes to the way homes are rebuilt to avoid similar destruction in the future.

Fort McMurray fire chief Darby Allen says houses in the northern Alberta city should be built much further away from the dense boreal forest that surrounds them and be made out of materials that prevent fire from spreading as easily — from the kind of shingles used to a home's siding.

"Maybe they're not allowed to have a wooden fence anymore, maybe it's a wire fence. Maybe the front row that backs onto that wildland, they must have a stucco interior or a metal exterior — not siding, not cedar shingles," Allen said in a recent interview at Fire Hall No. 1 in downtown Fort McMurray.

"With council's backing and approval, we may be able to do something like that." Pretty much anything that can burn around Fort McMurray already has, but Allen said he wants to make sure the city is resilient decades from now.

"It's going to cost a lot of money to put in and you've got to chop down a lot of trees," he said. Wood Buffalo Mayor Melissa Blake said change may come about through residents' personal choices, rather than through any new city bylaw or building code. "I've got a cedar roof on my house and it's the first thing I want to change," she said in an interview.

"If you lived through something like this, you want to make sure you're more resistant to it in future. If people know there's a better way of doing it, they may opt just to do it." One expert said cities looking to become more resistant to wildfire might want to look at what was done in the past.

> With council's backing and approval, we may be able to do something like that.
> **Darby Allen**

Alec Hay, a former military engineer and risk management consultant, said in the frontier days, open fields and agricultural land circled town centres providing a buffer. "If you look at how we used to do it, we kept the forest away. We kept the wilderness away from where we lived," he said. Provincial land use rules will be a big factor in what a post-fire Fort McMurray looks like — as will what the insurance industry is willing to cover, he added.

THE CANADIAN PRESS

EDUCATION

Universities to relax rules for affected students

Post-secondary institutions across Alberta are doing their utmost to make life easier for high school graduates impacted by the wildfires in Fort McMurray.

Universities say they've relaxed admissions criteria and extended deadlines for those students hoping to start post-secondary school in September.

The wildfires that prompted a mass evacuation of the town and caused millions of dollars in damage put a stop to high school classes across the city and initially left students in doubt as to how they could complete required exams and finish final courses.

Students say they're grateful that those hurdles have been addressed, but still lament the fact they'll be missing out on typical high school graduation rituals.

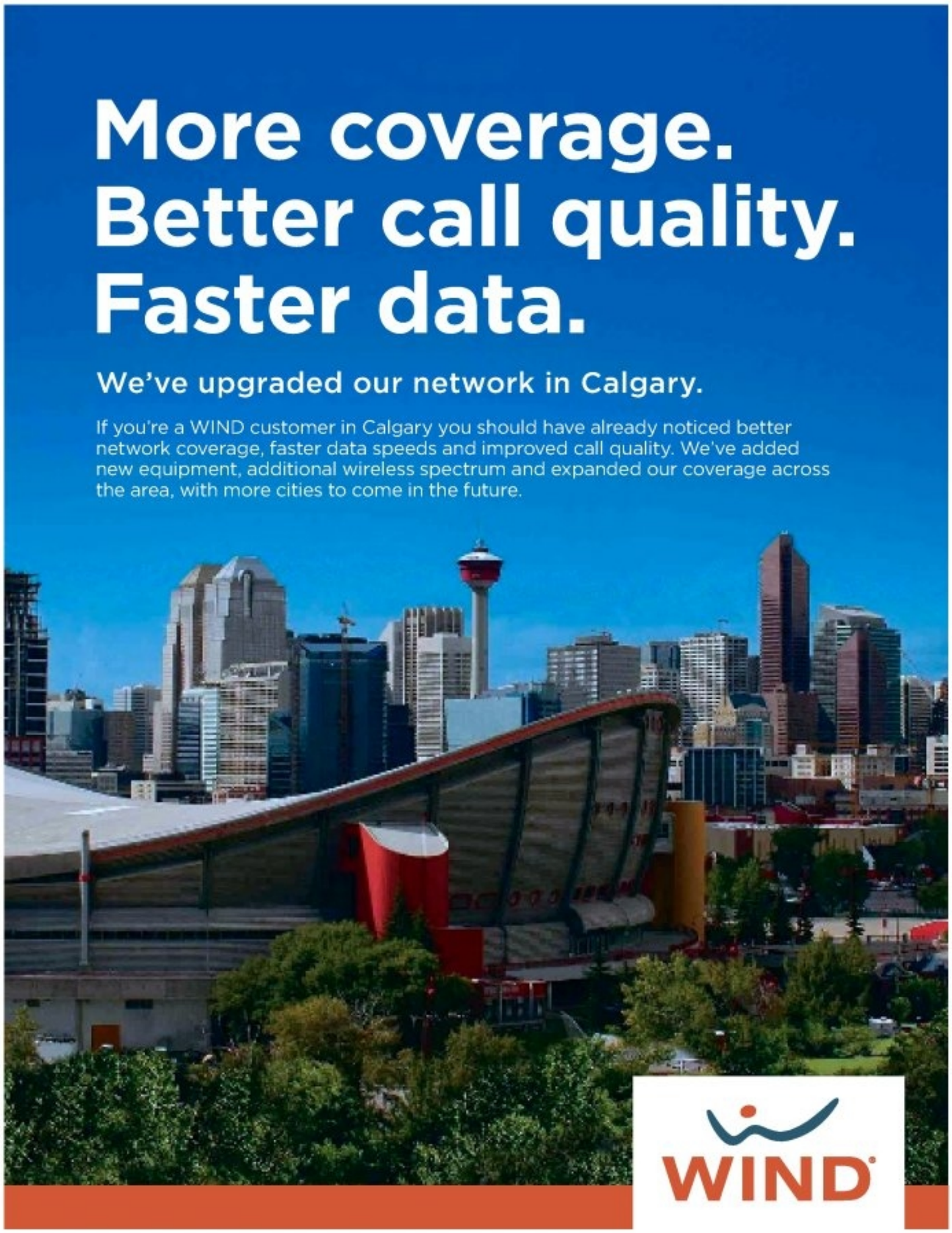
Proms have been cancelled and parties rescheduled, and official graduation ceremonies have been rebooked for the end of August when some students will have already left town.

Kaylin Lynett has experienced both the benefits and drawbacks of the circumstances imposed by the Fort McMurray fires.

"I never realized how much I wanted a grad until I didn't get a grad," the 17-year-old said "Just the fancy dresses and them with all their friends making funny poses and things like that."

Concordia University of Edmonton, King's University, MacEwan University, the Northern Alberta Institute of Technology, Norquest College and the University of Alberta all acknowledged the difficulty the fire could present for prospective students and said they were committed to offering what support they could.

THE CANADIAN PRESS



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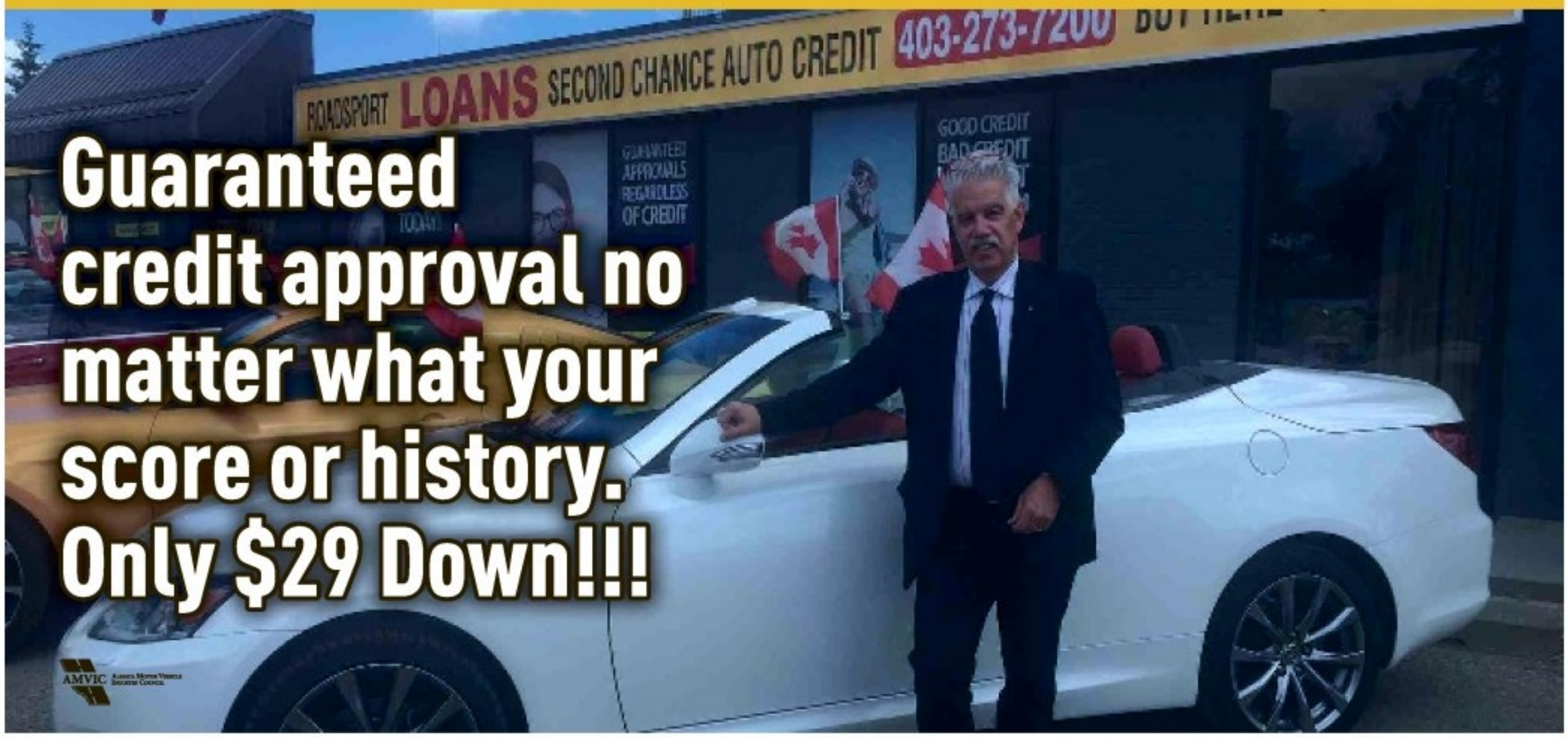

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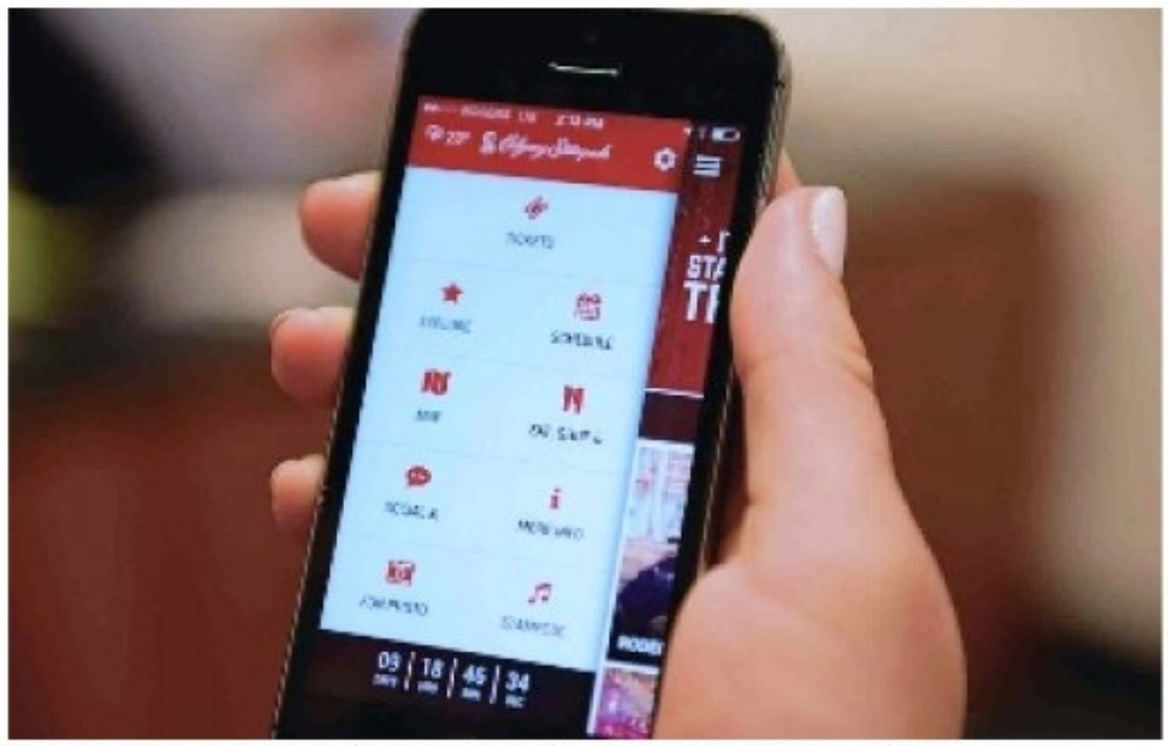


The app will help you plan your Stampede beforehand, but it will also help you while on park thanks to its interactive map and social linking features. HELEN PIKE/METRO

Stampede launches 2016 interactive app

TECHNOLOGY

Organizers say event will be enhanced by downloading

Lucie Edwardson
Metro | Calgary

With the Greatest Outdoor Show on Earth just days away, the fine folks at the Calgary Stampede want to make sure Calgarians have everything they need at their fingertips.

Their recently launched Calgary Stampede 2016 app will make the Stampede experience all the more easy, enjoyable and fun. "We're looking at improving guests on park experience and on park planning," said Phil Moad, Calgary Stampede digital marketing lead. "The app gives us the opportunity to interact real time with the guests and also give them that real-time information that they're really looking for."

Moad said the app will help all Stampede goers find the specific events they're looking for, schedule their time and get interactive information about exhibits and shows. "Whether they want to be inspired to go see something they've never seen before in the explore section or make sure they don't miss one of their favourite Stampede staples the app can facilitate that," he said.

One of the most highly anticipated features of the app will be the interactive map, according to Moad. "It gives people a better idea of what our park really looks like during the 10 days of the Stampede, as opposed to just an empty parking lot on Google maps," he said. Moad said if the guests want to, they can pin their location and find rides, exhibits and yes — famous Stampede eats.

"People in the past have had a really hard time finding specific foods on park so this year all the new food locations are included in the map," he said. Calgary Stampede 2016 is free on the app store.

DETAILS

- Tickets to concerts and events can be purchased using the app.
- Calgary Stampede has teamed up with Spotify to offer Stampede playlists and playlists featuring artists performing this year.

POLICE

Memorial planned to honour RMCP officer shot on duty

An RCMP officer who was shot and killed outside an Edmonton-area casino is being honoured with a memorial in a quiet corner of a park. Const. David Wynn was 42 when he died four days after being shot during a struggle with a suspected car thief in St. Albert in January 2015.

He was hit in the head and never regained consciousness before he died. St. Albert Mayor Nolan Crouse says the memorial near Lacombe Park Lake will give people a quiet spot to remember Wynn and his service to the community.

> **This site will be a way for all of us to reflect on happy memories of Dave.**
> Wynn's widow Shelly

The memorial itself — plaques fastened to a large rock near a river — is expected to be completed by October and will tell the story of Wynn and the qualities he embodied. An endowment fund is also being set up for annual awards to students hoping to become police officers or paramedics.

"This memorial site will be a way for all of us to reflect on happy memories of Dave," Shelly Wynn, the Mountie's widow, said Tuesday. "And with the endowment fund we will be able to keep his spirit and dedication to the community, especially for the children of St. Albert, alive for many years to come."

THE CANADIAN PRESS

Crystal Salamon is an adult colouring book author, who encouraged others to pick up a sharpie and try it out.
AARON CHATHA / METRO

Lunch time turns into colour time

ART PROJECT

Big colouring page set up on Stephen Avenue

Aaron Chatha
Metro | Calgary

Looking at Crystal Salamon's living colouring page on Stephen Avenue, it's easy to see people of all ages have stopped by, grabbed a sharpie and filled out a section.

At four feet by six feet, the bottom of the page was an eclectic mix of squiggles, shapes and colours — inside and outside the lines — as the top half took on a fuller, cleaner look, a result of the adult colourers who could reach high enough.

Salamon, an adult colouring book author, was out on Tuesday encouraging Calgarians to contribute to the wall, and fall in love with colouring during their busy work day.

"We got mixed reactions — some people think we're crazy," laughed Salamon. "It's funny, because it's people who you wouldn't expect who get giddy and want to come over and colour. Or they're walking by, turning their head, trying to continue walking, but they want to stop — and when we invite them over, they'd get excited and come and colour."

The image — which feature icons from the Calgary skyline — is part of a marketing push for ATB Financial's new downtown bank, but also an exercise for Salamon to remind people what a few minutes of colouring can do to improve their lives.

"The power of art is incredible," she said. "There's a lot of value as therapy, as stress relief, relief from chronic pain or just the busyness of life. You can sort of escape into colouring."

She said it was exciting seeing serious looking people walking down the street in tailored suits and suddenly melting at the chance to pick up a sharpie and contribute to the wall, which will be put up at the new bank for people to continue colouring on.

CRIME

Stolen SUV plunges into Inverness Pond

Calgary police say the vehicle that plunged into a southeast pond Tuesday morning was stolen.

Emergency crews responded to the Inverness Pond at McKenzie Towne Link and Promenade Way SE around 7:30 a.m. Tuesday after Calgary 911 received several calls informing them of a white SUV that left the road and ended up in the pond.

Witnesses said the male driver of the vehicle was able to get out of the SUV and make it to shore.

Police have confirmed that the vehicle was stolen during a residential break-and-enter in the 0-100 block of Elgin Estates Hill SE. They believe the break-in occurred at some time between 11 p.m. on Monday and 6 a.m. Tuesday.

The suspect is described as darker-skinned, in his early 20s, approximately six-feet tall, with a slim build. He was wearing a black shirt and black Adidas track pants with a white stripe. The suspect would have been soaking wet when he left the scene and may have minor injuries.

Because he didn't remain on scene, emergency crews weren't able to confirm the number of people, if any, in the submerged vehicle.

The Calgary Fire Department Aquatic Team divers were called in to search the vehicle, which was under 15 feet of water. The search revealed no other occupants in or near the SUV.

Fire crews used airbags to lift the vehicle from the water for removal. A boom was placed on the water to contain possible fluids leaking from the SUV. In the meantime, a CFD hazardous materials team is on scene to assist with cleanup.
METRO

Extradition for Todd case OK'd

CYBERBULLYING

Dutch man to face extortion, luring charges in Canada

The mother of British Columbia teenager Amanda Todd says she feels numb but happy that a Dutch court has approved the extradition of a man implicated in her daughter's suicide following relentless cyberbullying.

Carol Todd said learning that Aydin Coban will be sent to face charges in Canada transported her back to October 2012, when her 15-year-old daughter took her own life after Coban allegedly posted nude photos of her online.

"It's brought me back emotionally, to ... when Amanda passed away. It's really emotional," Todd's mother said Tuesday in a phone interview from Denver, Colo., where she was attending a job-related conference.

"I'm numb, but I'm excited that we've been able to get this news today," she said. "I'm really glad that we've reached this step."

The Dutch justice minister must now sign off on the court's approval, though Coban's won't be extradited until after a separate criminal trial in the Netherlands on 72 charges of sexual assault and extortion.

If he is convicted in the Netherlands, Coban could be extradited to Canada for prosecution while still serving his initial sentence, the Dutch prosecution service has said. The Dutch case involves 39 other alleged victims, many underage and from various countries, including one person from Canada. The case has been repeatedly delayed, and the trial is expected to resume early next year.

In Canada, Coban faces five charges connected to 15-year-old Todd from Port Coquitlam, B.C., including extortion, possession of child pornography and attempting to lure a child online.

Todd's mother said she hopes the Dutch court's extradition ruling sends a message to other accused predators that they will be held to account for any criminal behaviour online no matter where it occurs.

"I only hope that it gets done because there are other families and kids that are involved in this," she said, adding she's prepared to wait as long as necessary for due process for her daughter's sake.

"It's important that it's all done right," Todd's mother said.

"I don't want something to go wrong in the trial due to a technicality and due to not enough time. I want this to be done right because we owe it to Amanda."

THE CANADIAN PRESS

> "I want this to be done right because we owe it to Amanda."
> Carol Todd

Carol Todd and her daughter Amanda are shown in an undated family photo. THE CANADIAN PRESS

SUPPORT

Grads get $2M in loans for housing

More than $2 million has been approved under Saskatchewan's plan to help new graduates buy their first home.

Payments of $450,000 have been given out so far for 49 interest-free loans for a down payment for recent post-secondary graduates. The government has approved a total of 230 applications.

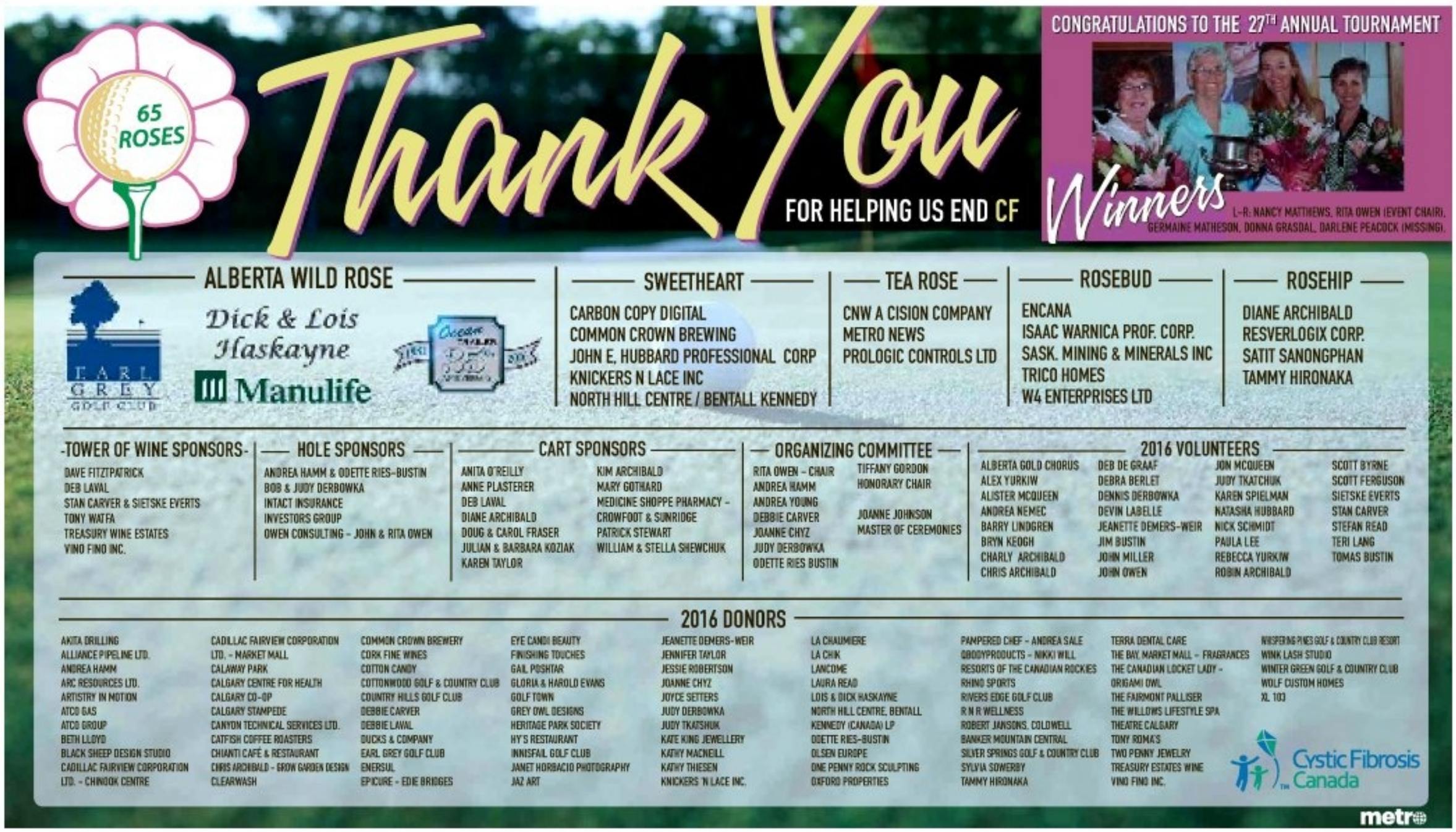
Advanced Education Minister Scott Moe says it's all about keeping people here in Saskatchewan.

Graduates are eligible for up to $10,000 under their unused graduate retention program tax credits for a down payment.

Kaleigh Maguire of Regina recently bought a home under the program and says it was very beneficial.

"It was a saviour. With the rental market being so high as it is, we were pretty much paying a mortgage payment, it was just to come up with the down payment."

THE CANADIAN PRESS



INVESTIGATION

One person killed in home explosion

As one resident simply put it, it looked like a "war zone."

Residents on a quiet Mississauga street were thrown into shock and confusion on Tuesday afternoon after an explosion at a house on Hickory Drive that killed one person, wiped out three homes and caused moderate damage to six to eight others.

"Everything was strewn all over, tons of 2 by 4s, aluminum, bricks," said Claudio Cugliari.

Although the cause remains under investigation, authorities confirmed that one person had died and nine others assessed for minor injuries.

Firefighters were conducting a search and rescue operation Tuesday evening.

In one photo taken by Cugliari, a woman can be seen being carried from a home by a police officer amid the rubble.

Aerial footage from the scene, near the intersection at Rathburn Road E., appeared to show an obliterated residential block, debris strewn in the streets. Neighbours described hearing a blast that shook windows and doors several streets over.

"Even my plaza roof shook," said Ijaz Ahmad, owner of nearby Dixie Grocers.

Mississauga Mayor Bonnie Crombie said about 50 to 100 people had been taken to a nearby reception centre.

"I assume it was gas-related," Crombie told news channel CP24. "But we shouldn't speculate about its cause."

Firefighters and police remained on scene Tuesday evening, evacuating the area.

"We are working to stabilize the scene, and part of that requires the gas line to be shut off. We are looking at 58 homes which may be affected by that," Platoon Chief Alan Hills told a small crowd of residents at the scene.

He added that about 18 homes had various degrees of structural damage, such as broken doors and windows.

TORSTAR NEWS SERVICE

> **My son took my wife to the hospital. The roof was on the floor.**
> Filippo Ciufo, 71, who lived near the destroyed house

Police evacuated homes in an area of Mississauga, Ont., as they investigated a house explosion Tuesday. THE CANADIAN PRESS

Mexican President Enrique Peña Nieto and Prime Minister Justin Trudeau walk out to speak with media. AFP/GETTY IMAGES

Visa rules changing for Mexican visitors

POLITICS

In turn, Mexico will import Canadian beef

Canada will lift its controversial visa requirement for Mexican visitors before the end of the year, while Mexico has agreed to end long-standing restrictions on Canadian beef imports, Prime Minister Justin Trudeau said Tuesday.

Although both changes are still months away, Trudeau and Mexican President Enrique Peña Nieto expressed satisfaction that the two main irritants in their bilateral relationship would be removed, paving the way for deeper co-operation.

"This move will make it easier for our Mexican friends to visit Canada while growing our local economies and strengthening our communities," Trudeau told a news conference on Parliament Hill, Peña Nieto standing alongside.

Ending Mexican restrictions on Canadian beef, a lingering side effect of long-standing fears over mad-cow disease, "will support Canadian farmers and Canadian families," he added.

> This move will make it easier for our Mexican friends to visit Canada while growing our local economies. PM Justin Trudeau

The visa requirement will be lifted by Dec. 1, while the beef ban ends in October.

The previous Conservative government imposed visas in 2009 to stop thousands of asylum claims being made by ineligible Mexican citizens — a controversial move that has stood as the major irritant between the two countries. The visiting Mexican president was clearly happy to see its demise.

"Since 2009, this barrier has been set, but today thanks to a great political will, we are overcoming such a barrier," Peña Nieto said in Spanish.

Conservative immigration critic Michelle Rempel said in a statement that Trudeau was making "a political decision that puts the security of Canadians at risk" by lifting the visa. THE CANADIAN PRESS

SUPERHEROES

Marvel's own Justin League: PM joins Alpha Flight on comic cover

Make way, Liberal cabinet: Prime Minister Justin Trudeau will have another all-Canadian crew in his corner as he suits up for his latest feature role — comic book character.

Trudeau will grace the variant cover of issue No. 5 of Marvel's Civil War II: Choosing Sides, due out Aug. 31.

Trudeau is depicted smiling, sitting relaxed in the boxing ring sporting a Maple Leaf-emblazoned tank, black shorts and red boxing gloves. Standing behind him are Puck, Sasquatch and Aurora, who are members of Canadian superhero squad Alpha Flight. In the left corner, Iron Man is seen with his arms crossed.

"I didn't want to do a stuffy cover — just like a suit and tie — put his likeness on the cover and call it a day," said award-winning Toronto-based cartoonist Ramon Perez.

"I wanted to kind of evoke a little bit of what's different about him than other people in power right now."

The variant cover featuring Trudeau will be an alternative to the main cover in circulation showcasing Aurora, Puck, Sasquatch and Nick Fury.

Trudeau follows in the prime ministerial footsteps of his late father, Pierre, who graced the pages of Uncanny X-Men in 1979.

Edmonton-born artist and writer Chip Zdarsky said he was approached by Marvel to write an Alpha Flight story and knew right away he wanted Trudeau included.

"He seems to be the popular culture association with Canada right now, right behind (Toronto rapper) Drake — and I probably couldn't get Drake in the comic," Zdarsky added, laughing.

Zdarsky reached out to the Prime Minister's Office to inform them of his plans and was told that, while they couldn't endorse the comic, they were fine with him proceeding.

The variant cover of a Civil War II comic, featuring Justin Trudeau and the members of Alpha Flight. THE CANADIAN PRESS

The story involves a mysterious new Marvel character, Ulysses, who has the power to calculate the outcome of future events with a high degree of accuracy.

The Marvel heroes are divided on how best to capitalize on the predictive power. Carol Danvers — also known as Captain Marvel — is in favour of profiling future crimes and attacks before they occur, while Tony Stark (Iron Man) believes the punishment can't come before the crime.

Alpha Flight — formally the Canadian peacekeeping force — is supportive of using Ulysses to stop disasters and capture people, but there are also ethical conflicts within the group, Zdarsky noted. Despite being part of an international agency, the team feels they're "Canadian first" and seek out Trudeau for advice, he added.

"I didn't want this to just be like a walk-on ... rescued by superheroes and he thanks them and that's the end of the story," Zdarsky said. "I liked the idea of him actually engaging them in an ethical debate." THE CANADIAN PRESS

U.S. ELECTION

Trump's Muslim ban causes confusion

From the moment he first declared it, the plan has been a signature of his campaign for president: "Donald J. Trump is calling for a total and complete shutdown of Muslims entering the United States until our country's representatives can figure out what is going on."

Yet from that first moment, the Republican White House candidate has evaded questions when pressed for details. Now that he's a presumptive nominee with sliding poll numbers, his spokeswoman says he's no longer seeking the ban at all.

In its place, he's offering an approach based on a standard of terrorism that he and his campaign refuse to define.

The ban idea originated with 28 direct and forceful words, issued immediately after the December shootings in San Bernardino, Calif., that killed 14 people. The blanket nature of the proposal, which appeared to stretch beyond immigration to include any member of the Muslim faith seeking to cross the U.S. border, provoked a flurry of questions.

In the following days, he did offer shades of new detail. His ban would include exemptions, including for athletes and world leaders. As he got closer to winning the GOP nomination, his language softened further. Shortly after endorsing the billionaire businessman, New Jersey Gov. Chris Christie suggested Trump had walked away from the plan entirely.

"That's not what he says any longer," Christie told ABC News in February. "He's backed off of that position over the course of time."

He hadn't. But Trump was now stressing the "temporary" nature.

THE ASSOCIATED PRESS

Death toll rises in Istanbul

ATATURK AIRPORT

At least 36 dead, scores of others wounded in attacks

Three suspected Daesh suicide bombers targeted the international terminal of Istanbul's Ataturk airport Tuesday, killing at least 36 people and wounding many others, Turkish officials said.

Turkish Prime Minister Binali Yildirim said 36 were dead and Justice Minister Bekir Bozdag said 147 were wounded. Another senior government official, who spoke on condition of anonymity in line with government protocol, told The Associated Press the death toll could climb much higher.

Yildirim said three suicide bombers were responsible for the attack and all initial indications suggest the Daesh group, also known as ISIS or ISIL, was behind it.

He said the attackers arrived at the airport in a taxi and blew themselves up after opening fire.

The victims included some foreigners, he said, adding that many of the wounded have minor injuries but others are more badly hurt.

Another Turkish official said two of the attackers detonated explosives at the entrance of the international arrivals terminal after police fired at them, while the third blew himself up in the parking lot.

The official, who also spoke on condition of anonymity, said none of the attackers managed to get past security checks at the terminal's entrance.

Turkish airports have security checks at both the entrance of terminal buildings and then later before entry to departure gates.

Hevin Zini, 12, had just arrived from Duesseldorf, Germany, with her family and was in tears from the shock.

"There was blood on the ground," she told The Associated Press. "Everything was blown up to bits.... If we had arrived two minutes earlier, it could have been us."

Two South African tourists, Paul and Susie Roos from Cape Town, were at the airport and due to fly home at the time of the explosions.

"We came up from the arrivals to the departures, up the escalator when we heard these shots going off," Paul Roos said. "There was this guy going roaming around, he was dressed in black and he had a hand gun."

Yildirim said air traffic at the airport, which was suspended after the attack, had resumed to normal.

He suggested that the attack was linked to what he said was Turkey's success against Kurdish rebels as well as steps Ankara took on Monday toward mending strained ties with Israel and Russia. "It is meaningful that this heinous attack came at a time when we have become successful in the fight against separatist terrorism ... and at a time when we started a process of normalizing ties with our neighbours," Yildirim said. THE ASSOCIATED PRESS

+ OTHER ATTACKS

Turkey has suffered several bombings in recent months linked to Kurdish or Daesh militants.

The bombings include two in Istanbul targeting tourists — which authorities have blamed on Daesh.

The attacks have increased in scale and frequency, scaring off tourists and hurting the economy, which relies heavily on tourism revenues.

THE ASSOCIATED PRESS

1 Turkish police block the road as relatives of the passengers wait outside Turkey's largest airport, Ataturk.
GETTY IMAGES

2 Emotional passengers who survived the attacks cry as they leave Ataturk airport in Istanbul.
GETTY IMAGES

3 Distraught survivors of the attack leave Ataturk airport.
GETTY IMAGES

REFERENDUM

Of all the scenarios to block Brexit, one seems most likely

Demonstrators at an anti-Brexit protest. AFP/GETTY IMAGE

As continental powers pressure a nervous Britain to formally apply to exit the European Union, die-hard "remain" supporters are taking on the mission to put the brakes on the so-called Brexit.

But between the vagaries of Britain's unwritten constitution and the determination of the losing side to stay in the EU, lawyers, lawmakers and "remain" activists see room for hope.

Here are some of the suggestions from the pro-EU camp on how Britain could end up staying in the bloc, and an evaluation by Gavin Barrett, an expert on European constitutional law at University College Dublin:

IGNORING THE REFERENDUM

Parliament has no explicit legal obligation to implement the referendum's decision. Conceivably, elected representatives in Westminster could just ignore the electorate's verdict and opt to stay in the EU.

Lawmakers could slow the invocation of Article 50, the exit clause enshrined in the EU's governing Treaty of Lisbon, perhaps playing for time.

"On a likelihood scale, I'd say zero per cent," he says. "Governments cannot simply ignore the directly expressed will of the people."

INVOKING A SCOTTISH VETO

Britain's Parliament cannot normally legislate on Scottish matters without the assent of Scotland's staunchly pro-EU parliament in Edinburgh. Given that a withdrawal from the 28-nation bloc would likely mean quashing the application of EU laws in Scotland, some argue that gives Edinburgh a veto over the final decision.

Nicola Sturgeon, Scotland's separatist-minded first minister, appears to have endorsed that view.

So what are the chances that the Scots will ride to the rescue of England's pro-EU minority?

"Zero per cent as well," says Barrett. "Under the British constitutional system, Westminster is sovereign at the end of the day."

HOLDING A SECOND REFERENDUM

Calls for a second referendum actually predate the first one, and a well-publicized web petition calling for a new vote has already attracted nearly four million names (although how many are linked to genuine British voters is anyone's guess.)

But what if, instead of a do-over, the referendum were presented as a choice between the EU membership Britain has had until now and whatever new deal governing trade relations it could secure in its exit negotiations with the bloc.

Barrett predicted that any exit deal negotiated by Britain would be "bound to be inferior" to what the U.K. had before — and that EU powers would put aside their pride to welcome a wayward Britain back into the bloc. Of all the possibilities, he said, "I'd put my bet on that."

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Don't let food allergies or sensitivities stop you from enjoying a traditional Stampede breakfast.

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- Substitute dairy with nut or seed milks and replace butter with *Earth Balance*, a non-dairy buttery spread.
- Replace wheat flour with a gluten free flour mix, buckwheat or quinoa flour.
- Read labels to make sure sausage, bacon and ham are certified gluten free.

Find more, healthy Stampede ideas at communitynaturalfoods.com/articles/stampede

Your Stampede survival guide

When it comes to enjoying the Stampede it's important to take good care of yourself.

Heading to the grounds?

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Visit a store for Stampede-themed, gluten free, vegan, dairy free or vegetarian recipes.

BBQ Chicken Pizza

Have leftover chicken from last night's dinner? This is a great way to use it up.

- 4 ready-made pizza crusts (gluten free option- *Against the Grain*)
- 1/3 cup + 2 Tbsp BBQ sauce
- 1 cup cooked, sliced *Sunworks Farm* chicken breasts
- 2/3 cup shredded mozzarella cheese
- 2/3 cup shredded smoked Gouda cheese
- 1/2 small red onion, thinly sliced
- Fresh cilantro, for topping

DIRECTIONS:

Preheat the oven to 475°F.

Toss 2 Tbsp of BBQ sauce with the cooked, chopped chicken. Set aside. Top the pizza crusts with remaining BBQ sauce. Layer with shredded mozzarella, BBQ-coated chicken, shredded Gouda and top with onion slices.

Bake 14-16 minutes. Turn the oven to broil for one minute to brown edges.

Top hot pizza with fresh cilantro. Slice pizza and serve immediately.

Find more recipes at communitynaturalfoods.com/recipes

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Better pension plan not for all, prof says

RETIREMENT

Public sector employees already have secure plans

The tentative deal for an improved Canadian Pension Plan will help thousands of young Canadians better prepare for retirement, but not everyone needed the help.

Ian Lee, a professor at Carleton University's Sprott School of Business, says workers with generous defined benefit pension plans, including many government and public sector employees, were already on course for a secure retirement.

"The large corporate sector, they also have very good pension plans, by and large," he added.

Lee called the enhancement of the CPP an "squandering of resources" because reports suggest only around 15 to 20 per cent of Canadians are ill-prepared for retirement.

"It's not that the resources are going to disappear into nothingness, it is just that we're using resources that are scarce on a problem that doesn't exist for 80 per cent of the population," he said.

Instead, Lee added, a more targeted solution was required.

While the private sector has moved to shift the risk of pension plans to employees with a move to defined contribution plans, many in the public sector have managed to hold on to those plans.

Under defined benefit plans, the employer guarantees an employee will get a set, predefined level of benefits. If the pension fund's investments don't do well, the employer has to make up the shortfall.

To avoid that risk, many employers switched to defined contribution plans.

THE CANADIAN PRESS

> "We're using resources ... on a problem that doesn't exist for 80% of the population
>
> Ian Lee

FURNITURE

Ikea Canada recalls chests of drawers

Ikea has issued a Canadian recall notice for millions of chests of drawers that can tip over — a safety hazard that has been linked to the deaths of six children in the United States over several years as well as dozens of injuries.

The Swedish furniture multinational says it will repair or pay a refund for chests of drawers that don't meet North American safety standards.

It also urges customers to stop using the affected chests of drawers and put them out of the reach of children until the furniture can be secured to a wall. Customers who cannot secure the furniture to a wall are advised to bring the pieces back to any Ikea location for a refund.

Ikea Canada's move is part of a recall of 29 million chests and dressers sold in the U.S. and 6.6 million sold in Canada.

The company says there has been no serious incident reported in Canada.

The U.S. Consumer Product Safety Commission said Tuesday that all six of the children killed by tipped furniture were three years old or younger.

Consumer Product Safety Commission chairman Elliot Kaye watches a demonstration of how an Ikea dresser can tip and fall on a child during a news conference in Washington, Tuesday. THE ASSOCIATED PRESS

One of the children was killed about 27 years ago. The other deaths were more recent, between 2002 and 2016. The CPSC said it has received 36 reports of children who were injured by the furniture.

Chests and dressers manufactured between January 2002 and June 2016 qualify for a full refund. Furniture made before 2002 may be eligible for a partial store credit.

THE CANADIAN PRESS

ENTREPRENEURS

Clinton proposes delayed payments on student debt

Hillary Clinton on Tuesday proposed letting entrepreneurs defer making student loan payments in order to create jobs and stimulate growth.

"We need more job creators and we need more young people starting businesses," the presumptive Democratic nominee told a crowd of coders inside a Denver tech incubator that houses several start-ups.

Clinton was looking to showcase her economic chops and woo young voters who had flocked to rival Bernie Sanders.

She proposed permitting start-up founders and early employees to forgo payments on their federal student loans for up to three years. Those who launch businesses that provide social benefits would also be permitted to apply for forgiveness of up to $17,500 of their debt after five years.

Clinton also called for connecting every household to high-speed internet by 2020 and training 50,000 new computer science teachers.

She spent time chatting with one startup that created an internet platform for commodity sellers in East Africa, talking about how hard it is for subsistence farmers to survive when they don't know what price they can fetch for their crops.

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Hillary Clinton.
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metro VIEWS
Your essential daily news
Wednesday, June 29, 2016

ROSEMARY WESTWOOD
ON THE BROAD IMPLICATIONS OF BREXIT

Isolationist nationalism is ballooning across developed nations, and there's no reason why Canada should consider itself immune

Let's begin on this basic agreement: Brexit was not about the crazies.

There aren't 16 million nutjobs in the U.K.. You might not know it by the liberal media's gleeful embrace of remorseful "leave" voters who couldn't believe their side actually won, or its thrilled reporting on the millions of Brits who Googled "What's the EU?" late Thursday night. And you certainly wouldn't know it by the outrage and shock across the world last Friday after the results were reported.

That shock echoes much of America's utter inability to accept Donald Trump as the Republican presidential nominee (still). And to me, the astronomical level of surprise in both nations has been by far the most surprising — and disturbing — part. How could so many of us (I admit to shock at both movements) be so egregiously ignorant? And when's it Canada's turn to get pied?

There's no opining from a safe distance. It feels like a wave of isolationist nationalism is ballooning across developed nations. One that seems driven by a sort of rediscovery of an ignored working class and its place in the globalized economy. And there's no reason why Canada should consider itself immune.

Not all agree. Michael Hart, a professor emeritus of trade policy and foreign affairs at Carleton University, dismissed the idea that Brexit was about globalization at all. Actually, he called the idea "nonsense." The referendum, he told me, was about "anti-Brussels and anti-EU" sentiment, "and most Canadians would be, too." It was a rejection of the deep political, economic and judicial integration across Europe.

"A lot of people said: All we're doing is saying we're going to be a sovereign country again, negotiate new trade and investment relations," he said, painting the debate in the blandest of terms.

TAKING LEAVE Vote Leave supporters gather to listen to Nigel Farage, the leader of the UK Independence Party after the Brexit vote. MATT DUNHAM/THE ASSOCIATED PRESS

What about the headline-grabbing immigration debate and underlying xenophobia, I pressed. But he brushed off both, blaming "a lot of ignorant people in the media."

But claiming little substantial xenophobia in a vote championed by far-right UKIP leader Nigel Farage is like arguing Donald Trump is a self-made man: Wanting it to be true doesn't make it thus. Of course a vote for sovereignty is wound up in nationalism, and nationalism and racism are hopelessly entwined.

Acknowledging this doesn't discredit other motivations for "leave" ballots. In a Guardian article this week, one writer argued the referendum was no surprise, after he travelled through the northern, less populated, far less wealthy parts of England that voted to leave, and heard parroted concerns: "There's no decent work." "The politicians don't care about us." "We've been forgotten." Nor does it disparage such economic worries to note some basic facts illuminated by the polls: "Leave" voters were, generally speaking, older, less educated, and less wealthy. Or, to a degree, what might be deemed the "working class."

Perhaps, as Hart argues, these voters were motivated by sovereign worries, but how angry about that would they be if they believed integration was bettering their lives?

That's why, according to a recent Bloomberg story, analysts at Deutsche Bank and Merrill Lynch have admitted in their reports that the working class in the U.S. and the U.K. might be fed up with getting the s–t end of the capitalist stick. Most important, they say: These people left out of global capitalism's benefits still hold enough political power to upend the European order and potentially thrust Donald Trump into the White House. Just as raging lefties I know were forced to bring a barf bag to the referendum polls, where they aligned themselves with David Cameron, raging capitalists are now being forced to align themselves with the likes of Bernie Sanders in admitting we may have a problem here.

Raging capitalists are being forced to align themselves with the likes of Bernie Sanders in admitting we may have a problem.

And likely here, in Canada.

Last year, research from the University of Calgary warned that the recent linguistic disappearing act that has made most of us self-identify with the "middle class" now threatens to obscure the legitimate concerns of a traditional "working-class," those in manufacturing,and clerical and service sectors, They are the ones "genuinely struggling to keep up."

"We should not feel complacent about Trump and Brexit, and we should not be just laughing at people who support Trump or voted for Brexit," said Diana Brydon, the Canadian Research Chair in Globalization and Cultural Studies at the University of Winnipeg.

We may have multiculturalism, plus a deep historic dependence on both immigration and global trade, but that doesn't mean people here aren't also afraid that growing international interconnectedness is loosening their control over their own lives.

"It's a sense of being left out of a global economy," she said to me.

Both Brexit and Trump are about a fear of change, a loss of autonomy, and "distrust of what are called elites and distrust of governance systems," she added.

Some are now slamming those same elites for ignoring that exact fear. But if the "Eurocrats, party leaders, academics and pundits" can now be chastised by the Globe and Mail's Margaret Wente for "not understanding their own people," so too should all surprised Americans, and, probably, so should we.

Three Amigos need to make a moral case for international trade

Steve Rennie
Metro | Ottawa

Today, they are amigos. Next year, who knows?

The bonhomie between Prime Minister Justin Trudeau, U.S. President Barack Obama and Mexican President Enrique Peña Nieto will be on full display when the three leaders gather in Ottawa today for one of their annual meetings. For now, the three North American leaders agree more than they disagree, most notably, on easing trade barriers.

It is hard to imagine that will be the case when Trudeau and Peña Nieto meet with either Hillary Clinton or Donald Trump at their next gathering.

Both U.S. presidential hopefuls — particularly Trump — are considerably more anti-free trade and inward-looking than Obama. Protectionist rhetoric always heats up during election campaigns, as candidates try to win over voters who are angry about the state of their economy. But this time there seems to be more to it. The populist messages of Trump and Clinton rival Bernie Sanders clearly struck a chord with large numbers of both Republican and Democrat voters. Clinton now opposes the Trans-Pacific Partnership — a trade deal she supported when she was U.S. Secretary of State — and she has distanced herself from the North American Free Trade Agreement.

Obama, Trudeau and Peña Nieto will likely talk about why it's better to break down trade barriers than to erect them. But that message will be a tough sell against the backdrop of a U.S. election campaign in which the candidates are openly deriding international agreements. And, even though Obama is racing against the clock to seal the TPP deal before he leaves the White House in January, he knows full well that whoever succeeds him is bent on undoing as much of the pact as possible.

The meeting runs the risk of being seen as an exercise in futility unless Trudeau and his amigos can make a pro-trade case that goes beyond the usual path-to-prosperity stuff. Trump's rise, Clinton's pivot, and the anti-internationalism that propelled the U.K. Brexit vote all show that large segments of the population aren't buying that line anymore.

There are ways to make such a case. To take just a couple of examples from yesterday's preliminary talks, Trudeau and Peña Nieto agreed to increase the number of student exchanges and they talked about how the countries could assist each other in addressing the plight of indigenous peoples.

The leaders would do well to emphasize such human-scale initiatives. They carry moral weight. They reveal important, underdiscussed dimensions of multilateral cooperation. They can amount to a corrective to anti-trade cynicism.

If this is indeed the last waltz for these likeminded amigos, they need to make it count.

Steve Rennie is a the managing editor of Metro Ottawa

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Honoured Member Marnie McBean with Molson Coors team

Canada's Sports Hall of Fame hosted its annual charity golf tournament on June 23, 2016 at the Hamptons Golf Club. Calgary businesses, individuals and sport elite gathered to play golf with dozens of Canada's greatest sport heroes, including Cassie Campbell-Pascall, Michael "Pinball" Clemons, Colleen Jones, Serge Savard, Margaret Southern, Mark Tewksbury and Bryan Trottier. The tournament supports Canada's Sports Hall of Fame's youth education programs, which aim to share the stories of the inducted sport legends to inspire Canadians to set goals, dream big and be the best they can be in all aspects of life.

Canada's Sports Hall of Fame is an international award-winning facility with over 40,000 square feet of inspiring experiences. Located at WinSport's Canada Olympic Park, site of the 1988 Olympic Winter Games in Calgary, it features 12 interactive galleries and a collection of 100,000 artefacts. With 52 hands-on interactive exhibits like shadow boxing, wheelchair racing and 3D hockey, Canada's Sports Hall of Fame provides a fun, unique and inspiring experience for visitors of all ages and for corporate events.

Honoured Member Ken Read with Marco de Iaco, Executive Director of Calgary Sport Tourism Authority and golf team

Honoured Member Michelle Cameron-Coulter with Honourary Co-chair Heather Culbert and golf team

Class of 2016 inductee Bryan Trottier with AMJ Campbell team

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Your essential daily news

Prince Harry takes up Princess Diana's fight against AIDS, will speak at conference in South Africa

Ramadan's many meanings

CULTURE

Young Muslims forge their own traditions during the holy month

Genna Buck
Metro Canada

"It's one of the best times of the year."

That's how Asma Hasnat, a 26-year-old college student from Toronto, feels about Ramadan.

During the religious festival, which falls from June 6 to July 5 this year, Muslims abstain from eating, drinking (and having sex, among other things) from sunrise to sunset.

But not all Muslims observe Ramadan the same way.

"It's good to not fast in a way where you just starve yourself from morning to evening," Hasnat said. "Fasting for me has been more about character development."

"(It's) a great time to discipline yourself: not only not eating and drinking, but also holding your tongue back in a moment when you want to say something wrong."

Her view was echoed by Rizwan Mohammad, 35, advocacy co-ordinator for the National Council of Canadian Muslims. He said his personal experience of Ramadan — with family visits, a prayer on the night of the new moon, and daily breakfasts at 3 a.m. — is "a little more traditional."

But that's not true of participants in the weekly drop-in group he leads for young Muslims in the suburbs of east Toronto. They've dubbed themselves Beyond Belief, and many members are what Mohammad calls "unmosqued": They don't belong to a particular faith community, but still want to "try to find a way to revisit their spirituality," during Ramadan.

He's not sure how many people in the group, or his wider social circle, fast according to the traditional rules.

"I see a whole spectrum of observance during Ramadan," Mohammad said.

People who typically don't pray or attend a mosque may start, he said. Siblings make a point to spend more time together. Some people renew their commitment to social justice causes, or give up their favourite movies or music.

Others choose not to go to night prayers at their local mosque, but do come for the free post-fast meal and stay late into the night to enjoy the fellowship.

Mohammad rejects what he calls a tendency to "flatten" Ramadan and make it only about fasting and showing solidarity with the poor and hungry.

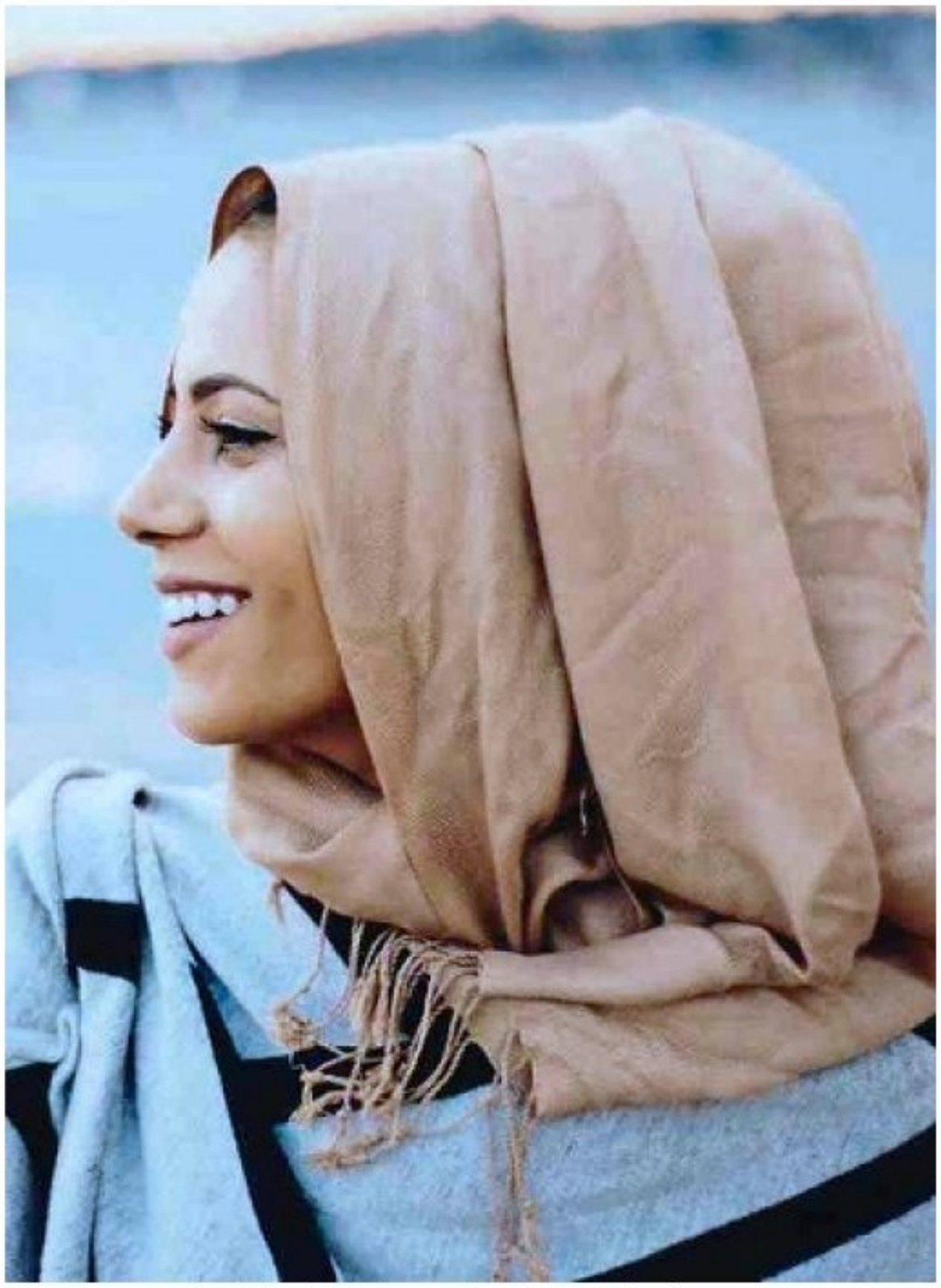
Because in addition to being about sacrifice, Ramadan is also a lot of fun: because of its focus on family time, charitable giving, feasting and togetherness.

Mohammad quoted a saying of the Prophet Muhammad, Islam's holiest figure, as evidence that the holy season is about more than abstinence: "Some people get nothing from fasting but starvation and thirst."

WIDE SPECTRUM OF OBSERVANCE

Rizwan Mohammad says he sees a "whole spectrum" of observance during Ramadan. Some people may spend more time with family, renew their commitment to social justice causes or 'fast' from favourite movies or music.

Rizwan Mohammad



Asma Hasnat says that for her, fasting is more about character development. CONTRIBUTED

A patriotic beer battle to savour

We pit Budweiser America against Molson Canadian for a taste test. TORSTAR NEWS SERVICE

TASTE TEST

We pit our nationalistic brew against liquid 'America'

Ariel Teplitsky
Torstar News Service

For the duration of the summer, Budweiser has changed its name on bottles and cans sold in the United States to "America," tapping into patriotic sentiments in a high-stakes election year.

"America is in your hands" makes a great slogan for encouraging Americans to vote, but more likely it's just going to get them to buy more Bud.

This temporary rebranding has led to a predictable stream of media mockery — "Nothing says 'America' like an ice-cold can of mass-produced beer," scoffed USA Today — pointing out that this somewhat cynical patriot play is a product of Anheuser-Busch InBev, the world's largest brewer, based in Belgium.

But when it comes to cheap pandering with ice-cold cans of mass-produced beer, Canada is way ahead. Molson has been calling its flagship lager Canadian since 1959, and not just in the summertime. And its marketing has long been just as proudly jingoistic as those "America" bottles decorated with lyrics from the Star Spangled Banner.

Remember the "I Am Canadian" campaign? The current slogan, "Made from Canada," is comparatively subtle.

Now, with the two brands aligned in time for both Canada Day and Independence Day, I picked up a six-pack of America in Buffalo, a six-pack of Canadian here in Toronto, and brought them in to the Torstar studio for the ultimate cross-border beer battle.

Members of our taste panel were served both brews in unmarked plastic cups, and had to pick a preference.

They were highly divided, proving that taste in mass-market lager is a matter of personal preference, not geography.

I didn't blindfold myself before tasting the two beers, but I expected to prefer Bud — probably due to the memory of too many past events at which I resentfully drank Canadian by default, because there were no other options.

Still, to my surprise, I chose Canadian over America.

The latter is the ultimate cliche of an American beer: all fizz, no flavour, but a cold one will do its job on a hot day. Canadian has just enough flavour — not good flavour necessarily, but flavour nonetheless — to keep it interesting. I like the Molson better, but Bud is easier to guzzle.

In any case, it doesn't matter what beer I, or anyone else in our taste panel, choose.

The battle has already been won.

Canadian isn't the most popular beer in Canada, nor is any other beer brewed by Molson, nor Labatt for that matter. What is Canada's No. 1 selling beer? That would be Budweiser, otherwise known as America.

LIQUID ASSETS

Drink Canadian this July 1

Peter Rockwell
For Metro Canada

With respect to those booze makers who were crafty before it was cool, on the eve of our 149th birthday it has never been a better time to drink Canadian.

No matter your tipple, thanks to an unprecedented population explosion of Canuck wineries, distilleries, breweries and cideries, someone somewhere across our country has got you covered. I'm not talking subpar liquid thrown together to take advantage of the "love local" movement, our output is world class.

By definition craft equals small production so scoring a bottle of Nova Scotia-made gin won't be in the cards for all Canadians.

No worries, support what's made in your own backyard this July 1st.

For a bottle of wine with a wide distribution fill your glass with the barbecue-friendly 2014 Raven Wicked White VQA ($14.95-$16.99) by Ontario's Andrew Peller. Fresh and fruit-forward its blend of citrus and spice will make a fine marriage with hamburgers and hotdogs no matter the toppings.

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Chicken wings

Don't just wing it — always check the nutritional info!

PICK THIS

PC Honey Garlic Chicken Wings (6)

Calories 340
Fat 20g
Sodium 760mg

SKIP THIS

PC World of Flavours Lime Habanero Flavour Tortilla Chicken Wings (6)

Calories 900
Fat 54g
Sugar 1560 mg

HERE'S WHY

Equivalent in fat to almost three Chicken Fillet sandwiches from Arby's.

Chicken wings are a fave finger food indulgence for many, but how they're cooked makes all the difference to your waistline. Chicken is an excellent source of protein and is lower in fat and calories than other meats, but by adding a crispy tortilla coating and deep frying the health benefits are negated. Stick with the traditional; the honey garlic wings are roasted and save you over 2.5 times the calories and fat, as well as half the sodium.

Eat like the first Canadians

These Nish Kabobs are made of venison with a birch syrup glaze. COURTESY DAVID WOLFMAN

RECIPE

David Wolfman shares an aboriginal-inspired dish

Liz Brown
Metro | Canada

A member of the Xaxli'p First Nation in B.C., chef David Wolfman is an internationally recognized expert in wild game and traditional aboriginal cuisine.

He has fond childhood memories of his mother whipping up feasts for visitors. "When people came over, the first thing we'd do is head to the kitchen and she'd go and make food for everyone. Sharing was always important to us. It's what I do now, I share knowledge and food. That's what the elders have taught me," he says.

For Canada Day, he shares a recipe with Metro using some quintessentially Canadian ingredients: venison (deer meat) and birch syrup. If you can't procure wild game, beef or pork will suffice.

Need birch syrup? You can order it online at wildfoods.ca.

Wolfman dubs the recipe 'Nish Kabobs,' a playful riff on Shish Kabobs. "Nish is a slang term for Anishinaabe," says Wolfman.

Anishinaabe is an umbrella term used to describe some groups of First Nations in Ontario, Manitoba and Quebec.

Nish Kabobs with Birch/ Balsamic Glaze
Makes 4 portions.
Ingredients:
- 1/2 tablespoon crushed black peppercorns
- 2 teaspoons fresh rosemary, chopped
- 1 teaspoon fresh thyme, chopped
- 2 garlic cloves, minced
- 1 teaspoon Dijon mustard
- 2 tablespoons balsamic vinegar
- 2 tablespoon packed brown sugar
- 1 tablespoon olive oil
- 3 tablespoons soya sauce (or tamari, a gluten-free soya sauce)
- 3 tablespoons lime juice
- 1/2 teaspoon salt
- 1 teaspoon birch syrup
- 12 oz venison/deer tenderloin, cut into 1-1/2 inch long strips
- 1 tbsp olive oil

Directions:
1. Soak eight wooden skewers in warm water for 30 minutes

2. In a stainless steel bowl, mix peppercorns, rosemary, thyme, garlic, Dijon, balsamic vinegar, brown sugar, olive oil, soya sauce, lime juice, salt, and birch syrup; mix well.

3. Divide mixture into two and place half the mixture in a saucepan and simmer on very low heat for 15 minutes, strain and reserve.

4. With the remaining mixture add the venison/deer and turn to coat evenly; let marinate at room temperature for 1 hour.

5. Drain and discard marinade. Thread deer/venison onto wooden skewers.

6. Slightly brush with olive oil and grill over medium-hot heat or broil 2 minutes per side, turning occasionally and do not over cook.

7. Garnish skewers with the reserved glaze

VISIT COOKINGWITHTHEWOLFMAN.COM FOR MORE RECIPES

INTO THE WOODS SMOOTHIE

A refreshing treat for Canada Day
This is a quick recipe for a tasty smoothie featuring ingredients indigenous to Turtle Island — a name that many First Nations use to refer to North America. And no, there are no turtles in this recipe!

Ingredients
- 1 cup (250 mL) fresh or frozen blueberries
- 1 cup (250 mL) maple water
- 1 avocado diced
- ¼ cup (60 mL) pecans
- 1 tbsp (15 mL) maple syrup
- 2 tbsp (30 mL) sunflower butter

Directions
Combine all ingredients in a blender and blend until smooth. Makes two servings. DAVID WOLFMAN

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AMVIC Alberta Motor Vehicle Industry Council

Advertorial

Committed to The COURTESY Experience

A Milestone for **Locally-Based Automotive Group**

Steven Landry, CEO of AutoCanada, **Kenichiro Yamamoto**, President-CEO of Mitsubishi Motors Canada, **Scott Miranda**, Dealer Principal of CAG, **David Kennedy**, DSM of Mitsubishi Canada, **Robert Jacubec**, DPSM of Mitsubishi Canada, **Patrick McCutcheon**, GSM of Courtesy Mitsubishi

Steven Landry, CEO of AutoCanada, **Scott Miranda**, Dealer Principal of CAG, **Bob Devlin**, Western Business Center Manager of FCA Canada, **Kris Laughton**, Director of Operations of Courtesy Chrysler

Scott Miranda, Dealer Principal and partner of the Courtesy Auto Group (CAG) and the Hyundai Calgary Auto Group (HCAG) has redefined the consumer–dealer relationship in the automotive industry. He is passionate about serving Calgarians and Southern Alberta. Miranda explains that every personnel is trained to adopt a professional, high-value customer satisfaction and quality service mindset.

Since the AutoCanada acquisition of Courtesy Chrysler on July 1, 2013, the name and brand of "Courtesy" has expanded. In summer 2015 Hyatt Mitsubishi was relaunched as Courtesy Mitsubishi with a refocused customer-orientated automotive experience – the "Courtesy" experience. The Courtesy Preowned Supercentre was opened simultaneously, situated in the same AutoMall circle as Chrysler and Mitsubishi. The Supercentre strives to be Calgary's choice for all makes and models of preowned vehicle inventory.

With the company's expanded operational model, the CAG saw an opportunity to redesign Courtesy Chrysler's showroom and Truck Centre.

"Courtesy Chrysler and Courtesy Mitsubishi are premier, high-volume dealerships. We care about an authentic customer experience which is why we invested in these renovations. Every time a customer steps in the showroom we want them to feel comfortable. We want to remain aligned with the expectations customers bring to the showroom and ensure we stay their dealer of choice," Miranda states about Courtesy Chrysler's Grand Reopening and Courtesy Mitsubishi's Grand Opening.

More than one million dollars in renovations have been invested in Courtesy Chrysler's showroom and Truck Centre. The new showroom provides a sensory experience for customers; the custom designed space is elegant and comfortable with a family-friendly atmosphere. It is a representation of Courtesy's ongoing commitment to innovation and growth. By creating more value and greater convenience for the customer, Courtesy continually offers a winning dealership experience.

"Calgarians have grown to trust the service that we provide and we're honoured to have received the 2016 Customer Satisfaction Award at Courtesy Chrysler and the 2016 award for Dealer of the Year in Alberta at Courtesy Mitsubishi by DealerRater.com," Miranda says humbly.

While winning awards is always welcome, Miranda prides his stores on having a knowledgeable, dedicated and honest team whose products and services aim to deliver customer satisfaction.

The CAG cares about the community in which they work and live. They have a long-standing commitment to community investment and value offering structured work experiences for youth in Calgary. The CAG views investing in the community as the responsibility of local businesses, and it has helped to build strength and cultivated relationships through fundraising efforts for the Calgary Floods in 2013 and the recent Fort Mac fire devastation. The CAG and the HCAG are proud sponsors of the upcoming CP Women's Open Golf Tournament at Priddis Golf Course in August. They will be teaming up with CP for a Hole-in-One activation and giveaway in support of the Alberta Children's Hospital.

Courtesy has gained a strong presence in the Calgary AutoMall, owning three spacious lots to house a large variety of vehicles to meet the needs of each individual customer. The addition of the Courtesy Collision Centre means CAG now operates five buildings in south Calgary. Combined with the HCAG, there are more than 250 employees across a range of functions.

To learn more about the CAG, or the HCAG, or to speak with a client care representative, call (403) 245-6000 and find out why ***The Name Says It All*** at the Courtesy Auto Group.

Author Briare Crawford

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AMVIC Alberta Motor Vehicle Industry Council

Campfire cooking goes gourmet

These recipes are simple, but are guaranteed to impress

Campfire cooking doesn't have to be simple. TORSTAR NEWS SERVICE

Nothing's wrong with hot dogs and s'mores when camping but if you're able to drive up to the campsite, bring along a portable camp grill, a cast-iron skillet and some more luxe ingredients in the cooler, you can make a more complex feast.

Still, we know the last thing anyone wants is to make a complicated dinner after a long day of hiking.

We kept this quasi-glamping meal simple, with few ingredients.

And we kept cooking times under 15 minutes since getting the fire going is a whole other process.

Pack the cooler with frozen water bottles and juice boxes to serve as ice packs you can drink later.

Also, keep a separate cooler of snacks and drinks so you're not always digging through the cooler of meat and letting the cold air out.

Happy trails!

Caramelized Pineapple Skewers

Keep any leftovers of this warm, spicy dessert to top oatmeal or cereal the next morning. If using wooden skewers, soak them overnight in water so they don't burn.

Makes 4 servings.

Ingredients:

- 1 pineapple, peeled, cored and cut into large chunks
- 1 tbsp (15 mL) brown sugar
- 1 tsp (5 mL) Chinese five spice powder or ground cinnamon

Directions:

1. In a large bowl, combine pineapple chunks, brown sugar and spice until well mixed. Store in a resealable plastic bag in fridge or cooler until ready to cook.

2. To cook, place pineapples on skewers. Cook over a hot grill until pineapple becomes golden brown, flipping every 3 to 5 minutes. Serve immediately.

Charred Cauliflower Steaks

Opt for heartier vegetables like cauliflower that won't easily wilt or bruise in a backpack or tightly packed cooler. Ghee, clarified butter used in Indian cooking, needs no refrigeration so it can easily be transported to camp to brush vegetables, meat, or bread over the fire.

Makes 4 servings.

Ingredients:

- 1 large head cauliflower
- 2 tbsp (30 mL) ghee
- 1 tbsp (15 mL) any barbecue rub or turmeric
- Salt and pepper, to taste

Directions:

1. Remove leaves and slice cauliflower down the middle. Rub with ghee and spice rub until evenly coated. Season with salt and pepper, to taste. Store in resealable plastic bag in fridge or cooler until ready to cook.

2. To cook, place pineapples on skewers. Cook over a hot grill until pineapple becomes golden brown, flipping every 3 to 5 minutes. Serve immediately.

Polenta Beef Sliders

Tubes of ready-made polenta are a camper's favourite — they're compact, cheap and need no refrigeration. Slice them up and simply grill them to eat on their own, or use as slider buns.

Makes 12 patties

Ingredients:

- 1 lb (450 g) lean ground beef
- 1/2 tsp (2 mL) salt
- 1/2 tsp (2 mL) black pepper
- 1 tsp (5 mL) Italian seasoning

Directions:

1. In a bowl mix together beef, salt, pepper and Italian seasoning. Form into 2 oz balls (about 1/4 cup) and flatten into 1/2-inch patties. Wrap patties individually in plastic wrap and refrigerate until ready to cook.

TORSTAR NEWS SERVICE

Serve up stylish smoothie with a spoon, not a straw

RECIPE

Put breakfast back in a bowl for a change

Shake up breakfast with a smoothie bowl. The combinations are endless.

It's easy. Make a smoothie, but reduce the fluid content so it's extra thick. Pour it in a small bowl and add toppings, so you're eating rather than drinking your meal. It's like cereal and milk, but without processed or refined grains, and with an infusion of whole-food nuts, seeds and fruit, says registered dietitian Cara Rosenbloom.

Rosenbloom cautions that eating large quantities can provide too many calories. Use a small bowl and limit toppings. For children, use a 250-ml (1-cup) serving bowl for the smoothie, and top it with 15 ml (1 tbsp) each of nuts, seeds and fruit. That will make a well-rounded kid-sized breakfast (about 300 calories).

Elaine Nessman, who writes the blog Flavour and Savour, provides this checklist of smoothie components.

Liquid: Water, milk (almond, coconut, cashew, rice, cow's), juice or green tea. Lewis uses coconut water in summer to stay hydrated.

Thickener: Banana, yogurt or kefir. Alison Lewis, author of 200 Best Smoothie Bowl Recipes, suggests protein powder, which comes in a vegan version.

Fat: Nut butter, avocado.

Protein: Hemp seeds, chia seeds.

Vegetables/fruit: Any fruit or berries, greens such as kale or spinach, or carrots, celery, cucumber, sea vegetables (use sea veggies sparingly as they have strong flavours).

Flavour add-ins: Dates, honey, maple syrup, cinnamon, cocoa, vanilla.

Here are Rosenbloom's suggestions for toppings. Use 15 ml (1 tbsp) of a few of these options:

Nuts: almonds, pecans, cashews, walnuts.

Seeds: Hemp, chia, pumpkin, sunflower, sesame.

Dried fruit: Coconut, raisins, acai berries, dried apricots, dates.

Fresh fruit: Sliced banana or kiwi; diced apple, peach, mango or pear; berries.

Toasted oats or granola.

Optional extras: Cinnamon, nutmeg, vanilla, fresh mint leaves.

Green Cocount Smoothie Bowl

Serves 1

The sweetness of the mango takes away any bitterness of greens in this recipe, says Lewis.

Use leftover coconut milk in soup, Thai recipes, hot chocolate and breakfast cereal.

If you prefer, you can use store-bought granola to top your smoothie bowl.

Ingredients:

- 50 ml (1/4 cup) unsweetened coconut milk beverage
- 1/2 frozen banana, cut into pieces if necessary
- 75 ml (1/3 cup) frozen chopped mango
- 250 ml (1 cup) trimmed kale leaves
- 30 ml (2 tbsp) unsweetened shredded or flaked coconut
- Ice cubes (optional)
- Suggested toppings: sliced banana, blueberries, raspberries; unsweetened shredded or flaked coconut; chia seeds

Directions:

1. In a blender, combine coconut milk, banana, mango, kale and coconut.

2. Secure lid and blend (from low to high if using a variable-speed blender) until smooth. If a thicker consistency is desired, add ice, one cube at a time, and blend until smooth.

3. Pour into a bowl and top with any of the suggested toppings, as desired.

Source: 200 Best Smoothie Bowl Recipe by Alison Lewis (Robert Rose Inc., ww.robertrose.ca, 2016). THE CANADIAN PRESS

Kale gives this Green Coconut Smoothie Bowl, shown, a beautiful green tinge. It is sweetened with mango and coconut. THE CANADIAN PRESS/HANDOUT, ROBERT ROSE INC.

Halle, left, and Chloe are the two parts of Chloe x Halle. They released their first EP Sugar Symphony on April 29. CONTRIBUTED

When Beyoncé has your back

NEW TALENT

Teen sisters poised for stardom with five-album deal

If the singing teen Bailey siblings known as Chloe x Halle aren't familiar yet, you'll have plenty of time to get caught up.

Beyoncé is betting they have long careers ahead, mentoring Chloe, 17 and 16-year-old Halle while signing them to a reported $1 million, five-album deal as one of three first acts attached to her newly minted Parkwood Entertainment music label.

And now, Bey has hired them to open for her on the European swing of her Formation world tour.

Chloe x Halle's debut EP Sugar Symphony premiered April 29 with their first single Drop generating serious buzz, getting a huge boost thanks to a show-stopping performance at Sunday's BET Awards.

The Los Angeles Times called it "a rock-infused slow burner … startling and arresting in its precision, and heralded a world of promise for this sister act."

And one scene in Drop video may be responsible for the summer's most striking sibling hairstyle: the teens wear their flowing dreadlocks woven into an interlocking single braid that forms a link between them.

It's a dramatic style that was also used in New York magazine's The Cut profile of the sisters titled: Meet the first superstars of the Beyoncé generation.

Since starting out about eight years ago, Chloe and Halle have gone from making YouTube videos in their Atlanta bedroom (they moved to L.A. a few years ago to further their careers) to catching the ear of the most powerful woman in pop music.

Bey was so impressed with their harmonious, soulful sound after hearing their sweet-voiced, unadorned cover of her song Pretty Hurts went viral in 2013, she took Chloe x Halle under her wing.

They appeared in the Lemonade video for Beyonce's powerful track Freedom and were musical openers for Michelle Obama's speech at SXSW. Their vocals appear alongside the likes of Kelly Clarkson, Missy Elliott, Lea Michele and Zendaya on This Is for My Girls, a fundraising single for the Obama-backed global Let Girls Learn initiative.

Guitar-playing Halle (her idols include Jimi Hendrix and Bob Marley) works closely with sister Chloe on their music. They both write and produce their material.

TORSTAR NEWS SERVICE

No purchase necessary. One entry per person, per day. Contest open to residents of Vancouver, BC, Edmonton, AB, Calgary, AB, Winnipeg, MB, Ottawa, ON, who have attained the provincial age of majority at the start of the Contest Period. Odds of winning depend on the number of eligible entries received. Ten (10) prizes are available to be won per market each with an ARV of $25 CDN. Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on June 27, 2016 and closes at 11:59 pm ET on July 3, 2016. To enter and for complete contest rules visit www.wonderlist.ca

JOHANNA SCHNELLER WHAT I'M WATCHING

The joy of Mindy is the clever dialogue

THE SHOW: The Mindy Project, S4, E22 (City)
THE MOMENT: The Princeton Jokes

Fertility doctor Mindy Lahiri (series creator Mindy Kaling) tells her colleagues Morgan (Ike Barinholtz) and Jody (Garret Dillahunt) that her alma mater, Princeton, has invited them to do a presentation on campus.

"Our first Ivy," Jody says. "The perfect demographic for egg freezing: smart, careerist girls who consider science their boyfriends."

As they set up, Mindy is radiant with overconfidence, as usual.

"The last time I was on this stage," she rattles off, "a hypnotist made me think I was a chicken, and I took my clothes off. He didn't ask me to."

"I always knew I'd end up at the Ivy's," Morgan says. "I thought I would be some kind of study cadaver, but this is good, too."

Mindy has been on a rocky road, trying to cope with plot (motherhood, and splitting from Danny, played by Chris Messina). In this episode, the writers and characters are back to form. They're delivering clever, narcissistic dialogue at high speed. The great pleasure of this series is watching the characters — each of whom is utterly self-involved — pretend to listen to the others, when really they're just waiting for their turn to speak.

So the funny lines (some of the funniest on TV) can ping around where they please. Plot is irrelevant, as long as Mindy keeps saying things like this, with serene self-satisfaction:

The Mindy Project is full of self-involved characters. CONTRIBUTED

"I did that Japanese decluttering thing where you hold something, and if it doesn't bring you joy you throw it out. I got rid of all my vegetables and an electric bill."

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Her voice will go on: Celine to tour after personal loss

MUSIC

Singer back on road to honour late husband's dying wishes

Ben Rayner
Torstar News Service

Céline Dion appears committed to taking to heart her late husband René Angélil's dying wishes that "the show must go on," returning to the spotlight in earnest last weekend as she embarked upon a nine-date run of concerts at the AccorHotels Arena in Paris.

The Paris shows, which began Friday and wrap up July 9, precede another massive, 10-night stand at Montreal's Bell Centre set to kick off on July 31, followed by five shows in Quebec City beginning Aug. 20 and a pair of gigs in Trois-Rivières on Aug. 30 and 31 — all in promotional service of a forthcoming French-language album tentatively due for release in late August.

At the moment, the only hint Dion fans have of what the new record will sound like is the single "Encore un soir," a stirring slab of windblown Franco-balladry released digitally on May 24 and dedicated to Angélil, who died of throat cancer on Jan. 13.

Dion's brother Daniel would also succumb to cancer just two days later, so while Céline didn't actually write the new tune — it was penned by songwriter Jean-Jacques Goldman — its themes of memory and longing, and the fleeting nature of relationships clearly have more than a little resonance with her recent personal experience.

Her voice on the track certainly sounds grainier and more authentically wrung out than it ever has before. Musically, too, "Encore un soir" plays out as a sort of audio mirror of the grieving process, moving from a piano-dappled place of photo-haunted sadness to a tougher, more rousing midsection that suggests marching on in the face of grave defeat, only to fall back into loneliness and vulnerability again at the end.

The song is tougher and less "frou-frou" than we're used to hearing from the Charlemagne, Que., native, in any case, although her Francophone output has always tended to be a little more subtle than her multi-million-selling English-language fare.

Despite rocketing to No. 1 in France and Switzerland and on Quebec's ADISQ chart, "Encore un soir" has thus far hardly registered a blip in English Canada, where it's barely cracked the Billboard Top 100. It's nevertheless worth a spin if you're a Céline aficionado, and maybe even if you're an open-minded Dion doubter willing to be surprised.

Her heart will go on, but it doesn't sound like she's having an easy time of it.

SCHEDULE

Celine Dion is currently in the middle of a string of shows in Paris. Following this run she will play a 10-night run in Montreal, a five-night run in Quebec and a couple of shows in Trois Riveres.

Despite the loss of her husband and brother in quick succession this year singer Celine Dion has a begun a lengthy run of concert dates. KEVIN WINTER/GETTY IMAGES

NEWS IN BRIEF

Radcliffe Foundation prize going to refugee crisis film

Sophie Gregoire Trudeau (pictured), Sarah McLachlan and Atom Egoyan are among the jury members for a new Canadian film prize concerning the global refugee crisis.

The $20,000 prize comes from the Radcliffe Foundation, in collaboration with the Vancouver International Film Festival.

Organizers say it will go to a "call-to-action" film "that inspires, engages and empowers Canadians to take action on the global refugee crisis."

The winner will be chosen through a juried and public vote.

THE CANADIAN PRESS

Hikers rescued on trip to 'Into the Wild' bus

Officials say two hikers rescued after failing to return on time from a trip in Denali National Park are the latest to be saved after trying to reach an abandoned bus made famous by the book and film Into the Wild.

KTUU-TV reports that search and rescue crews located Michael Trigg, of Lexington, South Carolina, and Theodore Aslund, of Atlanta, on Sunday. Officials say they were uninjured and are in good condition.

The two hikers, who started their trip June 20, had made it to the bus but tried taking a shortcut on their way back. Concerned friends had contacted rescuers Friday when the two hadn't yet returned.

National Park Service officials say several hikers who try to visit the bus are rescued each year.

THE ASSOCIATED PRESS

Actor Mark Salling was in Glee. RICHARD SHOTWELL/INVISION/AP, FILE

TV

New lawyer for Glee star in child porn case

An actor who starred on the musical dramedy Glee" has a new lawyer to represent him in a federal child pornography case. A federal judge on Monday approved Mark Salling's request to have a new lawyer represent him and set his next court date for Sept. 19.

Salling's new attorney, Michael J. Proctor, did not return an email seeking comment. The actor, 33, pleaded not guilty on June 3 to two counts receiving and possessing child pornography. No trial date has been set.

Salling played bad-boy Noah "Puck" Puckerman on the Fox musical dramedy. He was released after posting $150,000 bail. Police raided his home in December and seized a laptop, hard drive and flash drive they say contain images and videos depicting child pornography.

THE ASSOCIATED PRESS

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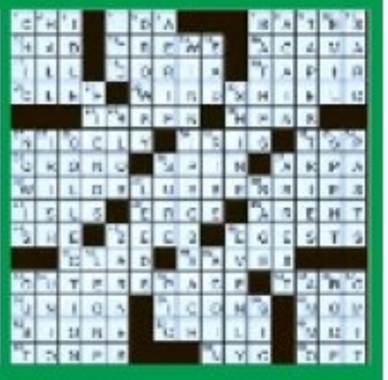

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New Spider a fun and worthy rival

ALL PHOTOS HANDOUT

REVIEW

Runs on same platform as MX-5 Miata

Dan Ilika
For Metro Canada

If the Mazda MX-5 Miata taught us anything, it's that fun cars don't have to be expensive, complicated or unreliable.

Tired of its roadsters being remembered as little more than relics of bygone days, Fiat is ready to take another shot at droptop dominance with the 2017 Fiat 124 Spider. And in the ultimate if-you-can't-beat-'em-join-'em fashion, the 124 Spider is based on the very car it hopes to challenge in the sales race.

Three and a half years were spent designing and refining what brand executives hope will become a true halo car for Fiat, and it shows. The 124 Spider may ride on the same architecture as the fourth-generation Miata, but every bit of bodywork and drivetrain has been swapped out to help set it apart from its platform mate.

This new Fiat is made from a monocoque unibody with suspension subframes bolted to the front and rear. Its silhouette harkens back to the Fiat 124 Sport Spider of the 1960s. The overall design, too, follows the course mapped out some 50 years ago, with classic looks that are reserved. If you're looking for a companion for those new perforated leather driving gloves, the 124 Spider would be it.

Regardless of trim — the 124 Spider is available in base Classica, Lusso and Abarth — all cars come with a 1.4-litre MultiAir turbo four-cylinder under the hood. Yes, this powerplant sports forced induction, but no, it's not exactly the turbocharged Miata fanboys and fangirls have been asking for.

With 160 horsepower, it does make more power than the Miata's 2.0-litre, but not enough to wow the diehards. That's particularly the case when considering that the engine is virtually a direct transplant from the likes of the Dodge Dart and Fiat 500L.

But don't let that disheartening fact ruin your 124 experience, because the engine feels completely different in the roadster than in the crossover.

Everything that makes the Miata so lovable — its light weight, great balance and near-impeccable handling — carry over nicely to the Fiat, making it a viable alternative to a car that has dominated the segment for close to 30 years.

THE CHECKLIST | 2017 FIAT 124 SPIDER

THE BASICS

Engine: 1.4L turbocharged 4-cylinder
Power: 160 horsepower
Transmission: Six-speed manual or six-speed automatic
Fuel Economy (L/100 km): Nine city, 6.7 hwy (manual)
Price: Starts at $33,495 (before freight)

LOVE IT

- Shared platform with Mazda MX-5 Miata
- Near-perfect weight balance
- Impressive suspension and handling

LEAVE IT

- Lack of headroom
- Lack of sport mode on automatic

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Muddy boots wanted in lux trucks

IN BRIEF

Nissan develops ethanol-powered fuel cell

Nissan has revealed a new fuel-cell propulsion system which uses an onboard tank of ethanol to produce electricity to power an engine.

Called an e-bio fuel cell, Nissan says that the new car will be able to travel more than 370 miles on a single tank of ethanol.

The system uses a Solid Oxide Fuel Cell to generate power from the reaction of multiple fields, in this case including ethanol, oxygen and natural gas.

The e-bio fuel cell uses hydrogen just like the Toyota Mirai does, but unlike the Mirai, in Nissan's system the hydrogen is produced in the car by a reformer.

STEPHEN ELMER/ AUTOGUIDE.COM

SUPER DUTY

Vinyl flooring never looked so fancy

Ford is making sure that the working man with muddy boots will feel comfortable in its luxury pickups. For 2017, the Ford Super Duty lineup will offer a vinyl flooring option for the King Ranch and Platinum edition trucks, offering customers a luxury interior without the fancy carpeting which quickly gets dirty.

To make sure that these models still stand out, the vinyl flooring is more durable and thicker than in base models. "Super Duty customers use their trucks in all aspects of their lives — including for work and as a personal vehicle," said Doug Scott, Ford truck group marketing manager. "They want the luxury of a King Ranch or Platinum edition, while maintaining their ability to use the truck for work without fear of ruining the interior."

STEPHEN ELMER/AUTOGUIDE.COM

LAMBORGHINI

Museum gets a refresh

Lamborghini's headquarters in Sant'Agata Bolognese, Italy houses the brand's official museum, which just received a complete overhaul. Tons of classic Italian metal will be now be on display in the museum. The impressive list of vehicles includes classics like the Diablo with four-wheel drive and the P 140 with its aluminum chassis, while some of Lamborghini's newer creations are also on display.

STEPHEN ELMER/AUTOGUIDE.COM

FORD MUSTANG

New face for Transformers 5

The fifth Transformers movie is currently filming and another one of its featured vehicles has been released. This time, it is the Ford Mustang which plays the evil Decepticon known as Barricade. This is the first time that the new sixth-generation Mustang has been used in the popular film series. Like its predecessors, the new Mustang is still a take on a police vehicle, with big bull bars up front and "to punish and enslave" plastered on its rear fenders. Blacked-out headlight surrounds, a new vented hood and some large spotlights mounted to the A-pillars are a few of the new features.

STEPHEN ELMER/AUTOGUIDE.COM

ROLLS-ROYCE

Future looks outrageous

The Rolls-Royce brand has imagined what its lineup of ultra-luxury vehicles will look like over the next 100 years. It has rolled out the VISION NEXT 100 concept, trying to answer some key questions, like what is the future of luxury and how will Rolls-Royce fit into that framework.

Customization, and self-driving will feature prominently and will be a large part of its future. The Rolls-Royce concept also has virtual intelligence.

STEPHEN ELMER/AUTOGUIDE.COM

metro SPORTS

The Canadian women's rugby sevens 2016 Olympic team has been drawn into a group with Britain, host Brazil and Japan

Serena tries silence while chasing history

WIMBLEDON

Champion says she puts Graf's record out of mind

Leave all the chatter about Serena Williams' pursuit of her 22nd major singles trophy to others.

Williams and her coach, Patrick Mouratoglou, do not discuss that number.

"We don't talk about it at all. Zero," Mouratoglou said Tuesday at Wimbledon after watching Williams win her first-round match.

Why is that?

"Because there is nothing to talk about. We have a Grand Slam (title) to win, and that's what's most important. We don't talk about the reward," he said. "We talk about the work we have to do."

That is going to include some extra time spent fine-tuning the top-seeded Williams' serve after she delivered five double-faults, including three in one game, and faced five break points during an uneven 6-2, 6-4 victory over Amra Sadikovic, a Swiss qualifier ranked 148th and making her Grand Slam debut.

"It's very rare that everything works perfectly the first round. It's one of the things that were not good today, so we're going to work on it," Mouratoglou said. "But it's not a big deal. I don't think it's a big deal."

It didn't take long for the first rain of this year's tournament, which cut short action in the early evening and limited play to the main stadium, the only venue with a roof at the All England Club. In all, 14 matches were suspended in progress and 17 were postponed altogether.

> **There's nothing ... mentally too hard for me.**
> Serena Williams

Since earning her sixth Wimbledon championship and 21st Grand Slam title a year ago, Williams has gone 18-3 at majors, with the losses coming in the U.S. Open semi-finals, the Australian Open final and the French Open final.

That led some to surmise that Williams has been beset by nerves as she seeks No. 22, which would equal Steffi Graf's Open-era record (Margaret Court holds the all-time mark of 24).

Williams dismissed the notion of a mental stumbling block.

"I think more or less about winning Australia. I think about winning the French Open. Didn't happen. I think about winning Wimbledon," she said. "I don't necessarily think about winning '22.'"

Then, in what sounded like a reference to various health issues that have put her in the hospital and kept her off the tour for months — blood clots on her lungs in 2010, for example — Williams continued: "Mentally I've been further down than anyone can be. Well, maybe not anyone, but I've been pretty low. There's nothing ... mentally too hard for me."

With her mother sitting in Centre Court's Royal Box, Williams trailed 15-40 in Tuesday's opening game, then won 13 consecutive points and grabbed a 3-0 lead. In the second set, Williams made four unforced errors in one game to get broken and fall behind 2-1. But she broke right back. THE ASSOCIATED PRESS

Serena Williams won her Wimbledon opener Tuesday. GETTY IMAGES

RAIN DELAYS

It didn't take long for the first rain of this year's tournament, which cut short action in the early evening and limited play to the main stadium, the only venue with a roof at the All England Club. In all, 14 matches were suspended in progress and 17 were postponed altogether.

Of the matches that did conclude, zero seeded players lost.

PADDLING

Canadian puts faith in women's eight

6

Canada qualified six boats for Rio last September at the world championships, and the men's quadruple sculls — Julien Bahain, Will Dean, Rob Gibson, and Pascal Lussier — clinched a spot as the seventh and final boat at the final Olympic qualifying regatta in May.

The eight boat in rowing represents the perfect marriage between power and harmony, says Cristy Nurse. It's the ultimate expression of teamwork.

For the past four years, Canada's women's eight has worked daily on finding that rhythm at their training base in London, Ont., in preparation for the Rio Olympics.

Canada won't have a men's boat in rowing's marquee event in Rio, but the women won silver four years ago in London, and headline the 26-member Canadian Olympic rowing team announced Monday.

"The special thing about this boat is it's the ultimate expression of teamwork," said Nurse, a 29-year-old from Georgetown, Ont., and member of the women's eight. "It takes nine minds and nine bodies working together (the ninth member is the coxswain).

Cristy Nurse GETTY IMAGES

"There's a reason it's the eight on those posters in doctors offices and classrooms, that say 'teamwork,' it's really the embodiment of that. And I think that's what this crew is capable of when we get it right."

The Canadian team features 10 returning Olympians, including six who won medals in London. Lesley Thompson-Willie, the coxswain of the women's eight, will compete in her eighth Olympic Games, tying the all-time women's record for any sport.

"We've got incredibly strong athletic girls (in the eight), and going into Rio, it's just going to be about refining and sharpening, so that every stroke is just moving that boat together," Nurse said.

"In this boat class it's about just gliding through the water, we want to take inches from our competition as we move, and sharpening our skills as we go forward. And the bigger the boat, the minds have to come together, and that's our challenge going forward."

Canada has a tradition of excellence in rowing, capturing 40 medals in Olympic history, ninth best in the world.

The Canadian team took home two medals from London — silver in the men's and women's eights.

But post-London, Rowing Canada killed the men's eight program, hoping to spread the resources over a number of smaller boats. THE CANADIAN PRESS

NCAA BASKETBALL

Winningest coach in D1 history dies

Pat Summitt, the winningest coach in Division I college basketball history who uplifted the women's game from obscurity to national prominence during her 38-year career at Tennessee, died Tuesday morning. She was 64.

With an icy glare on the sidelines, Summitt led the Lady Vols to eight national championships and prominence on a campus steeped in the traditions of the football-rich south until she retired in 2012.

Tennessee won NCAA titles in 1987, 1989, 1991, 1996-98 and 2007-08. Summitt had a career record of 1,098-208 in 38 seasons, plus 18 NCAA Final Four appearances.

Pat Summitt GETTY IMAGES FILE

She announced in 2011 at age 59 that she'd been diagnosed with early-onset dementia. THE ASSOCIATED PRESS

IN BRIEF

Canucks pick up tab on GM's tampering violation

The Vancouver Canucks will pay for general manager Jim Benning's candid comments.

The club was fined $50,000 US by the NHL on Tuesday afternoon for tampering.

Benning mentioned the Canucks' interest in Montreal defenceman P.K. Subban and Tampa Bay captain Steven Stamkos while being interviewed Thursday by a Vancouver radio station. THE CANADIAN PRESS

Football's defensive genius Buddy Ryan dead at 85

Buddy Ryan, the pugnacious coach who masterminded two fierce defences that won Super Bowl titles and whose twin sons have been successful NFL coaches, died Tuesday. He was 85.

His death was confirmed by the Buffalo Bills, where Rex Ryan is the head coach and Rob Ryan an assistant. James Solano, Buddy Ryan's agent, said he died in Kentucky but did not give a cause. THE ASSOCIATED PRESS

NFL

Baldwin, Seahawks share 2020 vision

The Seattle Seahawks and wide receiver Doug Baldwin have agreed to a four-year contract extension that runs through the 2020 season.

14

Baldwin had 14 TDs last season to go with 1,069 receiving yards.

The team confirmed the agreement on Tuesday, first reported by KIRO-AM in Seattle.

Baldwin is coming off a career season, tying for the NFL lead in touchdown receptions and setting career highs in TDs, receptions and yards receiving.

It's the second extension Baldwin has signed with the Seahawks after agreeing to a three-year deal following the 2013 season. Baldwin bet on himself by agreeing to a shorter deal at the time in the hopes of cashing in down the road. THE ASSOCIATED PRESS

Conte thirsty for more

EURO 2016
QUARTER-FINALS

Italy coach seeks titanic effort vs. German foes

The gap in class that recently seemed so great between Germany and Italy is not so big now.

In fact, it might have closed completely when the old rivals meet Saturday in the European Championship quarter-finals.

Italy's standout performances at Euro 2016 — a pair of 2-0 wins to end Spain's reign on Monday and unsettle Belgium in their opening match — rank high among the tournament's best.

They also repaired much of the damage done in March when Germany easily beat Italy 4-1 in a friendly.

"Perhaps the score-line was a bit harsh on us," Italy coach Antonio Conte said as he looked ahead to a German reunion on Saturday. "But I remember our self-confidence, our faith in us, really dropped a great deal after that fixture."

"Now, we are trying to win back that confidence, that self-belief," the Azzurri coach said through a translator.

Three months ago, Conte said after the rout in Munich that he chose the World Cup winner as an opponent to "measure the gap between us and Germany."

It was the last game before Conte named a squad that was branded by national media as one of the worst to leave Italy for a major tournament.

Missing injured midfielders Claudio Marchisio and Marco Verratti, Conte has not disguised why hopes were so low.

"There's no hiding the fact it's not the rosiest period in Italy for football talent," he said, before praising the unity and strengths of his 23-man squad once again. "The only route forward we could have to achieve a semblance of success is to try and be a club."

Conte's mastery of management is clearly a big reason for Italy outperforming those limited expectations.

So when he praises Germany as "the best side in the European Championship," it sounds like a clever mix of honesty and mind games.

"I think Germany are a cut above the rest. I've got no problem stating that," Conte said. "We might even need something absolutely extraordinary because extraordinary on its own might not be enough."

Antonio Conte
GETTY IMAGES

Playing Spain in the round of 16, however, was also meant to be a test beyond Italy's ability.

"We know that when the going gets tough, we do tend to respond," said Conte, who can still rely on a veteran defensive line of rare vintage that he once picked at his former club Juventus.

For his next challenge in Bordeaux on Saturday, he wants to ensure his team approaches the 2014 World Cup winner without feeling satisfied at simply ousting the 2010 champion Spain.

"It must not really quench our thirst for victories, our thirst to amaze people, our thirst to get people talking," Conte said.

THE ASSOCIATED PRESS

0 for 8

Of eight meetings between the countries at tournaments, starting with a goalless draw at the 1962 World Cup in Chile, Germany has won none.

Now Germans call Italy their "Angstgegner" or "feared opponent."

SOCCER

Glass slippers a cozy fit on Iceland

EURO 2016
QUARTER-FINALS

Iceland has become the darling of the European Championship thanks to its underdog status and an uncompromising 4-4-2 formation that has made the team unbeatable so far in France.

Don't expect any changes when the smallest country in the tournament takes on the host nation at the Stade de France on Sunday.

"We didn't have so much problems defending (against) the English, and also in ball possession we created a lot of good chances," the team's co-coach Heimir Hallgrimsson said after his team came back from an early deficit to stun England 2-1 in Nice. "If the players play with the same attitude, we can beat anyone."

> **Whoever's not out celebrating is probably trying to get a ticket to France for the next game.**
> Thorir Gudmundsson

In qualification and now in France, the collection of unheralded Icelandic players has forged into a tight-knit formation that gives away almost no chances and has proved clinical when it has broken out to swiftly turn defence into attack. Two 1-1 draws against Portugal and then Hungary followed by a 2-1 defeat of Austria ensured Iceland qualified for the knockout stage in its first appearance at a major tournament.

Then came Monday night's round-of-16 clash with England and another victory that sent the remote island nation of 330,000 people into ecstasy.

THE ASSOCIATED PRESS

EUROS IN BRIEF

'Slight spasm' keeps Hazard out of practice

Belgium captain Eden Hazard was a noticeable absentee from Tuesday's training session as his team prepared for its quarter-final match against Wales.

Coach Marc Wilmots said that Hazard, who led Belgium to its 4-0 victory over Hungary on Sunday, had a muscle problem.

"Eden felt a slight spasm in the quadriceps at halftime against Hungary," Wilmots said.

"He will be 100 per cent, no problem."

THE ASSOCIATED PRESS

> **I'm very fragile today. It wasn't a good night, for anyone.**
> Roy Hodgson standing up to "take the slings and arrows" in Tuesday's news conference called by the English Football Association

UFC 200

Jones still wants Big John swapped out

Jon Jones is unhappy with the Nevada Athletic Commission's decision to assign referee John McCarthy to his light heavyweight title bout against Daniel Cormier next month at UFC 200.

"I would prefer any other referee but him," Jones said Tuesday.

Jones and Cormier will meet in the main event of UFC 200 on July 9 in Las Vegas.

Jones' manager contacted the Nevada commission last week to register their camp's displeasure with the assignment but the Nevada commission determined Jones' complaint wasn't substantive.

Jones (22-1) was not precise about his objection.

"It's been a mixture of many things throughout the years," Jones said. "Just the energy. I don't feel like we have the best energy, and it's been an accumulation of some things that was happening during some fights and just our personal interactions."

Jon Jones, left, and John McCarthy GETTY IMAGES

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RECIPE Turkey Lettuce Wraps

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

These lettuce wraps are a light spin on dinner and receive a monster hit of flavor thanks to ginger, garlic and Sriracha.

Ready in
Prep time: 10 minutes
Cook time: 10 minutes

Ingredients
- 1 lb (450 g) ground turkey
- 1 Tbsp (15 ml) of vegetable oil
- 1 red pepper, diced
- 1/2 cup (125 ml) water chestnuts, diced
- 2 scallions, chopped
- 1 clove of garlic, minced
- 1 tsp (5 ml) ginger, minced
- 1 Tbsp (15 ml) rice vinegar
- 1 Tbsp (15 ml) soy sauce
- 1 Tbsp (15 ml) Sriracha
- 1 head of Boston or bibb lettuce
- small handful of cilantro, chopped
- small handful of unsalted cashews, chopped

Directions

1. Warm the oil in a large skillet over medium heat. Add the turkey and break it up with a spoon as it browns until almost cooked through.

2. Add the peppers, garlic and ginger and keep pushing everything around until it smells amazing and the vegetables begin to soften. Pour in the vinegar, soy and Sriracha, along with the water chestnuts and give it all a stir.

3. Check that the turkey has cooked through. Put the mixture in a serving bowl.

4. Place the meat, whole lettuce leaves, chopped cilantro and nuts on the table and let everyone assemble their lettuce wraps.

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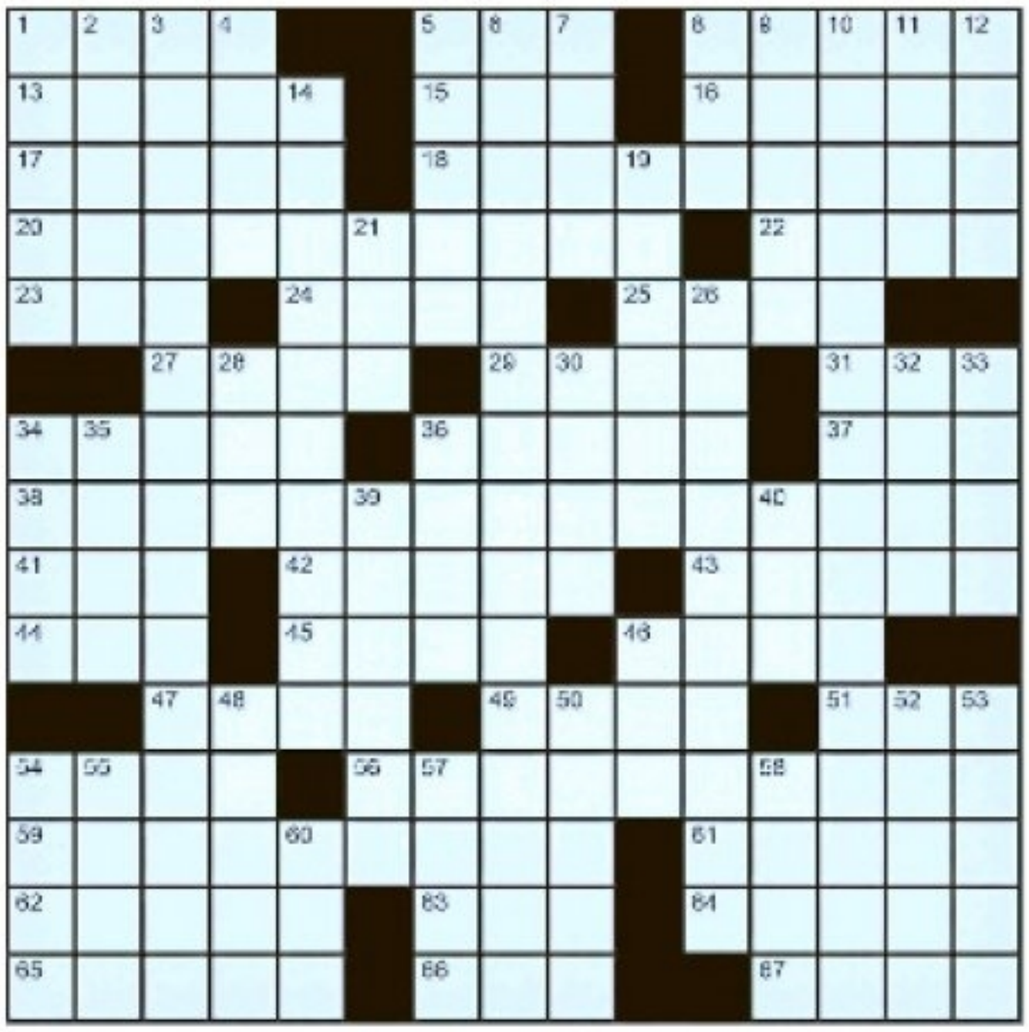
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Skin 'vent'
5. Afternoon time
8. Model/actress Kate
13. Time and __ (Extra hours pay)
15. Crude
16. Shoe material
17. __ Sergeant
18. Measure that ingredient by sight: 2 wds.
20. Canadian finance magazine/website
22. Contact __ (Vision corrector)
23. Disney-owned network
24. Church's vaulted area
25. Recipe amt.
27. Morns followers
29. 'Thin Man' pooch
31. Letters-for-a-Royal
34. Many times
36. Daggers
37. Goose, in Montreal
38. Alfred Sung's profession: 2 wds.
41. Monk's title
42. Comprehend
43. Heart, in Hull
44. Jack, to Ozzy
45. Lofty
46. Lay ___ thick (Be melodramatic)
47. "What can I ___ fix things?" (Is this repairable?)
49. Acronymed-spot in a Beatles song
51. Aunt's li'l hubby
54. Robert __ (George Gershwin portrayer in film)
56. Shawn Mendes/Camila Cabello duet: "I Know What You Did ___"
59. Ted's sweetheart on "The Mary Tyler Moore Show"
61. Verboten
62. Aqua __ (Gold-dissolving mixture)
63. Increase, with Up
64. 'Laughing' animal
65. PGA, et al.
66. Choler
67. Industrial city in Russia

DOWN
1. Celebrity chef Ms. Lakshmi
2. "__, __!" (Laura Petrie's catchphrase on "The Dick Van Dyke Show")
3. Really 'purr' outside, it's noisy when it hits the house's 'woof': 4 wds.
4. She, in Sherbrooke
5. Balsam Firs
6. Duo of classic Canadian comedy: 3 wds.
7. Has to pay up
8. Can. neighbour
9. Removes
10. In Toronto, one would start with 416...: 2 wds.
11. Norse deity
12. Butterfly banes
14. Chilliwack song that starts "Four men in a rock 'n' roll band...": 3 wds.
19. Ms. Midler's
21. 2008 VP candidate from Alaska ...her initials-sharers
26. Maxim or axiom: 2 wds.
28. "Blah!"
30. Permeate
32. Andre __ (Dutch violinist/conductor of PBS concert fame)
33. Berlin 'mister'
34. Switch settings sometimes
35. 'Yukon's Best Kept Secret' town
36. Hitch
39. Blue Jay's competitor in Baltimore
40. Guck
46. Magazine no.
48. Put one's ___ (Meddle)
50. Mr. McQueen
52. Bright city lights
53. Bullfrog's noise
54. Taj†Mahal's site
55. Horsley and Majors
57. The Bell of __ (Henry Wadsworth Longfellow poem)
58. Potato salad ingr.
60. Car's fill up

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Family discussions will be more important in the next two weeks. Very likely, they will focus on get-togethers, reunions and home repairs. "Let's fix up the place!"

Taurus April 21 - May 21
Today Mercury changes signs, which is why you will be more talkative in the next two weeks. You want to enlighten others. You have something to say!

Gemini May 22 - June 21
Financial matters will be on your mind in the next two weeks. Trust your ability to come up with excellent moneymaking ideas.

Cancer June 22 - July 23
Because Mercury will be in your sign for the next two weeks, you are eager to communicate with someone to maintain a friendly relationship. Enjoy reaching out.

Leo July 24 - Aug. 23
Behind-the-scenes research will go well for you in the next few weeks. Keep digging for whatever it is you are looking for, because you will find it.

Virgo Aug. 24 - Sept. 23
You will enjoy hanging out with younger people in the next few weeks. This is a good time to share your future goals to get someone's feedback.

Libra Sept. 24 - Oct. 23
Discussions with bosses, parents and VIPs will be important in the next two weeks. You have something to say; they are willing to listen.

Scorpio Oct. 24 - Nov. 22
It will be easy to study anything at school or for personal reasons in the next two weeks. Your mind wants to expand and learn whatever it can.

Sagittarius Nov. 23 - Dec. 21
Discussions about shared property, inheritances and insurance disputes will go well in the next two weeks. You've done your homework, and you feel informed.

Capricorn Dec. 22 - Jan. 20
The next two weeks are an excellent time to clarify issues or explain something to a close friend or partner. You want to have some intellectual stimulation with others.

Aquarius Jan. 21 - Feb. 19
You will excel at any kind of mental work in the next two weeks because you will pay attention to detail more than usual. Furthermore, you will set high standards for yourself.

Pisces
Feb. 20 - March 20
Expect to be in a more playful mood in the next two weeks. You want to have fun with others as well as play pranks. You also will enjoy reading and writing for pleasure.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

2	5			1			9	4
			5		3			
	7						3	
	6						2	
1				3				8
	4						7	
	2						4	
			2		7			
4	8			9			1	5

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